

30

ways to celebrate and get involved in

MAKE A ^{#MADSUNDAY}
DIFFERENCE
sunday!

Do one good thing that day to help another & share it with us
Make a difference, be the difference & share the good news!!

27TH OCTOBER 2019

1. Say "Good Morning!" to a person you don't know.
2. Pay the toll for the driver behind you.
3. Call someone you love just to say "I love you."
4. Make a blanket for a homeless person.
5. Put change in the washer/dryer for the next person.
6. Fill an expired or about-to-expire parking meter.
7. Leave some extra money in the vending machine
8. Buy extra groceries for the local food bank
9. Catch up with a family member or friend you haven't talk to in ages.
10. Bring in your neighbour's bins.
11. Send a favourite teacher a thank you note.
12. Compliment 3 people.
13. Leave a 100% tip for a pleasant waiter.
14. Give someone – or several someones - a flower.
15. Offer someone else your seat on the bus/train.
16. Visit a senior citizens group or nursing home.
17. Stop to have a conversation with a homeless person.
18. Volunteer at an animal shelter and love the animals.
19. Pay for the person behind you at a drive-through.
20. Pick up the bill for a random couple at a restaurant.
21. Give a phone card.
22. Use less paper.
23. Write a letter to someone who made a difference in your life.
24. Transport someone who can't drive.
25. Plant a tree.
26. Donate your used sports equipment for a child whose parents cannot afford the cost of the equipment they will need.
27. Give a bottle of cold water to a bus driver.
28. Help someone for free.
29. Use a reusable water bottle.
30. Put up a bird feeder or a bird bath and keep it stocked.
31. Help someone move.
32. Smile at 10 strangers.
33. Make muffins, biscuits or buns and give them to your neighbours.
34. Read to a child.
35. Give away your parking space.
36. Mow a neighbour's garden.
37. Thank someone who inspires you.
38. Be kind to yourself!
39. Become an organ donor.
40. Have a clear out sale and donate the proceeds to your favourite charity.
41. Say "Bless You" when someone sneezes.
42. Be a kind listener.
43. Forgive someone.
44. Let someone go in front of you.
45. Thank your check out person in the shop or supermarket.
46. Be on time.
47. Offer a builder, handyman or gardener a bottle of water
48. Find out about the charities in your area
49. Give a loved one a back massage
50. Spread the word about the Make a Difference Sunday and the power of doing Acts of Kindness. One way is for you, your friend and/or your children to share on social media and encourage others to get involved and tell others about the kind deeds they and others are doing.

KINDNESS IS FREE
SPRINKLE
THAT STUFF
EVERYWHERE

No act of
KINDNESS
no matter
how small
is ever
wasted.

Be MAD, Make a Difference, because Kindness is contagious!