

30

ways to celebrate and get involved in

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.

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!!

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!