

## Community Corner - Shared Ideas

Submit your own  
community kindness  
activities

at the Community Corner  
on the Community page,  
or directly to us at  
[info@actsofkindness.org](mailto:info@actsofkindness.org)

This is a growing document,  
and you may see your own  
activity here soon!

Practice Random Acts  
of Kindness™

The Random Acts of  
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### 1. Birthdays for the Homeless

Submitted by April, Maryland

For the last two years, my family and I send birthday gifts to women living in a shelter who have AIDS. Often, people only think of those less fortunate during the holidays. So I've decided to send a birthday card and a handmade pair of earrings to the recipient in addition to extra gifts during the holidays.

### 2. Stuffed Animals for Hospitalized Children

From article in Prison Tribune

Inmates at Eastern State Prison created fabric covers for stuffed animals, which volunteers then stuff with padding and sew together to distribute to hospitalized children. The inmates earn the right to participate in this program. "It's a way of reaching out in a different way than just through the cell bars," said one inmate.

This idea could be adopted by community groups as well.

### 3. Books for Students

Submitted by Anonymous

We are donating books to fourth graders. Each book will contain a note for the children. When they are finished reading the book, they are to give leave it for someone else to read.

### 4. Drive-by Flowering

Submitted by Shannon, Wisconsin

I lived in a very small town growing up, and my friends and I had to be very creative to alleviate boredom. One night, we decided to do a "drive-by flowering." We went to a few different fields and gathered bunches of wildflowers until they filled my family's van (not just with flowers... also with dirt... so be careful!).

Then we drove to our friends' and teachers' houses and left flowers tucked under the wiper blades of their cars and hanging from their front doorknobs.

It was an unforgettable night.

*NOTE: This activity could be used with both adult and youth groups in the community.*

## 5. Wake-up Flower

Submitted by Anonymous, Colorado

I was just in the mood to make someone's day. So I went out and bought some flowers, and I put a flower in the plastic newspaper bags in the neighborhood. I put flowers in everyone's bag I could find until I ran out of flowers.

The next day my neighbor said, "I got a flower in my newspaper!" and I just said, "Someone cares for you."

## 6. Nursing Home Fun

Submitted by Cammie, Colorado

Tomorrow, on Tuesday, I get to go to the nursing home again. You know that people in nursing homes cannot hold things very steady.

Well, some of the ladies there wanted to feel young again. So I go paint their nails and do their makeup. Last Tuesday I read them some poems, and I wrote them letters and let them type back to me.

It was really interesting to see them. I can't wait until tomorrow.

## 7. Celebrating a World Kindness Day Birthday

Submitted by Tammy, Alberta

We just signed up for the monthly newsletter. And, therefore, we are letting you know that we have used the "free stuff" already!

My daughter was born on World Kindness Day, and so we make a special effort to do something on her birthday in honour of this day, such as donating clothes/books/toys to children in need.

This year, we are again donating toys and clothes to children in need. And we have used the "free stuff - graphics" and printed out the bookmarks for kids, and the stickers. We are giving them away in our treat bags to children attending my daughter's birthday party. Thanks for all the great information!

## 8. Leaves for Kindness

Submitted by Paula, Rhode Island

The community service learning students of Warwick Veterans Memorial High School in Rhode Island are spending their class time in November raking the yards of elderly Warwick residents. Charging a nominal fee of \$1.50 per bag, the students are earning money to buy holiday presents for teenagers in state care, toiletry items for impoverished senior citizens, and will be making a donation to the emergency fund of the local Community Action Program.

## 9. Kindness in a Healthcare Center

Posted by katlipstick on our Discussion Board

Our plans for World Kindness Day (November 13th): At Good Shepherd Healthcare Center, where I work in Activities, we are planning to make dog biscuits in the morning for the dogs who come to visit in pet therapy. In the afternoon, we will be making bookmarks for children who will come to visit next week as part of Children's Book Week.

On our daily board, I post a quote every day under the title of the Good Shepherd Daily Kiss. I will be posting a quote about kindness, and throughout the day I will be handing out stickers to persons who have committed a Random Act of Kindness.

## 10. De-littering for Kindness

Submitted by Chris, Illinois

This de-littering project was a tremendous success. We had 90 volunteers collect 45 bags of trash at Hidden Lake Forest Preserve in Glen Ellyn, IL on Saturday, November 15th.

What a terrific group! They came out in the rain and cold and were absolute diehards cleaning around Round and Eagle Lakes and throughout the preserve.

*(Note: Chris organizes a Random Acts of Kindness de-littering event every year at The Forest Preserve District of DuPage County.)*

## 11. Kindness on an Amsterdam Tram

Submitted by Elena, Amsterdam

I just read in your newsletter that Europe is "far away." This e-mail brings you a little news on faraway kindness.

These pictures are from a party I threw, in which my friends got a secret assignment in small groups. The assignment was to decorate a bus, tram, or subway car in style of choice. One group did some undercover theatre; another hung streamers on the back of a tram so they went flying in the wind as the tram accelerated.

The group I was in bought about 15 packets of balloons and asked the people in a subway car to help blow them up -- which they did! Then we hung them up using sticky tape.

It was a funny sight because we didn't stop when the car was decorated in a normal way. We went on until it was absurdly crammed with balloons. —Groetjes from Elena in Amsterdam



## 12. Gift: Kindness Challenge

Submitted by Jacki, California

For our four nieces and nephews who live across the country, every year we try to send a non-traditional gift: a cooking package to make cookies for the family, craft projects to do, etc.

This year we sent a one dollar bill and a ten dollar bill to each child with the challenge to find a way to do an act of kindness with the one dollar before spending the ten dollars. They were challenged to try to keep it a secret and then report back to us.

We are anxiously awaiting the results. They range in age from five to fifteen.

## 13. Family Kindness Journal

Submitted by Yvonne, Florida

Last month I started a family kindness journal. Every day each member in the family must write down the good deed that they did that day. It is amazing to see how far my children's deeds have come.

At first they helped the teacher or shared school supplies, but it has progressed to wonderful things I never imagined.

For example there is a boy my son has not gotten along with since the first day of school. My son came home and told me his good deed for the day was to make friends with this boy.

I said, "What possessed you to be friends with someone who has been mean to you all year?"

His response? "I gave it a lot of thought and realized he was lonely and didn't know how to make friends, and that was why he was mean."

This boy has had quite an attitude adjustment (no longer hitting and calling names) and has been welcomed into my son's group of friends.

Some deeds are big some are small, but the point is for us to think of other people.

## **14. Orchids for Seniors**

Submitted by George and Judy

My husband and I are on the local Senior Citizens Housing Board. A local lady, who wishes to remain anonymous, called today to say that she would make up twelve orchid corsages from flowers she had grown in her home.

She just now delivered them to me to give to our twelve senior housing residents. What a nice Valentine's Day surprise! They will be so appreciative, and so are we.

## **15. Baked Potatoes for the Hungry and Homeless**

Submitted by Marina, British Columbia

In my city of Vancouver, Canada, there is a group which volunteers one Saturday a month to bake potatoes and serve them to people in the downtown eastside, which is one of the poorest and most drug-addicted neighborhoods in North America.

The group has been doing this for the last seven years in Vancouver. Volunteers bake as many potatoes as their ovens can hold and bring butter, sour cream, and chives for toppings. Some Saturdays they have given away up to 2500 potatoes and have heard more "God Bless You's" in thanks than they might otherwise have heard in a year.

Groups have also been started in the Vancouver Island cities of Victoria and Nanaimo. In March, one will start in Seattle. Organizers hope their concept of "Family Feeding Family" will spread to other cities and countries.

## **16. Women's Random Acts of Kindness Group**

Submitted by Marilyn, Idaho

On May 7<sup>th</sup>, I am starting a women's group with no set membership and no dues. The only requirement is participation.

We will meet at 8:30 Friday mornings once a month and have coffee, get acquainted, and talk about the Random Acts of Kindness that we can do or have done.

To join the group, you must do three Random Acts of Kindness a week and volunteer your services for one hour a week to some community group.

I will have many different organizations there that need help, such as the animal shelter, the cancer community group, the Disabled American Veterans, etc. Group members can sign up for a month. If they want to, they can choose a different group the next month.

I hope to empower women to make a difference in the community. I will keep you posted on the outcome.

## **17. Random Acts of Kindness Weekend - Girl Scouts**

Submitted by Kathy, Girl Scout Troop Leader, Maine

My Girl Scout Troop is sponsoring a "Random Acts of Kindness Weekend." Girl Scout troops all around Aroostook County, Maine, will be performing three Random Acts of Kindness at some point this weekend.

We are holding this event in honor of our mothers who are always displaying acts of kindness to us and others.

The youngest Daisy to the most mature adult Girl Scout will be participating. The girls even designed a patch to commemorate the day.

## **18. Helping Out**

Submitted by Jo, California

In our community in northern California (especially in winter), we see many people asking for help by standing with signs in all kinds of weather at freeway entrances and exits, in front of the entrances to shopping centers, department stores, on random street corners, etc.

My husband and I are retired and on a fixed income, but it's not expensive to help these poor folks who are down on their luck.

Every month we go to a fast food restaurant and buy several books of food gift certificates. When we arrive home, we take sandwich-sized zippered plastic bags and make up little packages for the people we encounter who need assistance.

In each little bag we put \$4 in food gift certificates, \$2-\$4 in cash, and a couple of pieces of hard candy.

The feeling we get from doing this is worth it when you see the smiles and gratitude of the people whom we've helped. Everyone says "Thank you," and most people also say "God bless you."

It's fun to help like this, and it makes people smile inside and out, especially us.

## **19. LINKS and Clowns**

Submitted by Cindy, Program Directo, Arizona

Our volunteer corps does many projects. A recent one that was a big success was LINKS - Learning, Interacting, Networking with Kids and Seniors. Twelve students met with seniors at a community center twice a month to learn and have fun. Our schedule of events:

Class 1: Making Memory Books. Each person was given a disposable camera to take pictures during the sessions. At the end, the pictures will be developed and put in personal memory books.

Class 2: Chia Heads. A gardener came and taught everyone how to make a take-home Chia Head.

Class 3: Story Telling. Members of a story tellers club came and told stories. At the end, audience members were encouraged to share their stories.

Class 4: Pioneer Rhythum Band. Members of a nursing home have a rythum band and they performed a concert. They then taught LINKS members how to play the instruments.

Class 5: Bird Day. A local expert shared bird calls and what kinds of feed and feeders are appropriate for our community.

Class 6: Game Day. Played UNO and BINGO.

Class 7: Graduation day. Had dinner at a restaurant.

The Volunteer Corp also will have member clowns celebrate National Clown Week (first week in August) by going downtown to share cookies and kindness with police departments, city chambers and friends.

Empty Bowls Project: During school breaks, students visit the local blind center and blind clients teach the students how to make pottery bowls. The bowls are glazed and sold at the Empty Bowls project to raise money for hunger projects.

## 20. Girl Scout Kindness Project

Submitted by Girl Scout Troop 514, Florida

Girl Scout Troop 514 made kindness their project to earn their Silver Award. The troop researched and contacted other Girl Scout Troops across the country and asked them to participate in a Kindness is Contagious Day on May 14, 2004. Each Girl Scout was asked to perform three random acts of kindness on that day. Over several hundred kind acts took place throughout the United States as a result of Troop 514.

Some examples of the kind acts: holding a book drive for a women and children's shelter; donating dog food, cat food, and kitty litter to an animal shelter; visiting senior centers; planting flowers at schools, parks, and senior homes; gift boxes given to teachers and school staffs; treats were given to firefighters and policemen, plus many other acts of kindness!

## 21. Multi-Cultural Kindness

Submitted by Donna, Children's Library Specialist, Tennessee

During the month of November our library system holds special children's events and story hours with a multi-cultural theme. The system-wide craft program for this year involved each child "making a twin." The twin is a paper doll from a website and includes paper clothing which each child put together to look like themselves.

The twins went to the main library where they were displayed, showing the wonderful diversity of our great city. In addition, each branch library had a family program during which we were entertained by someone from various interesting cultures (i.e. Indian dancers, Native American storytellers, African drummers, Mexican Mariachi, etc.).

At my branch, we also had stories from a different culture each week. One of our family times was a bread program based on the book "Everybody Bakes Bread" by Norah Dooley. We had a display of as many different kinds of bread as we could gather, did a brief talk about bread and then enjoyed sampling the breads. The more we know about one another, the less we fear and the more we like.

## 22. 5th Annual Kindness Clean-Up

Submitted by Chris, Illinois

On the sunny Saturday, November 6, 2004 our annual Random Acts of Kindness Clean-up was held at Hidden Lake Preserve. We had a tremendous turn-out of 110 volunteers who participated in the workday. Groups included several cub, boy, and girl scout troops as well as the Glenbard East High School Ecology Club and many other interested volunteers -- young and youthful!

This was the largest de-littering event ever at the District! The group collected 25 bags of garbage and other miscellaneous debris including a bowling ball! The trails, lakeshores, picnic areas, parking lots, tree lines, and roadsides look terrific thanks to the kindness from these thoughtful individ-



uals. The workday was enthusiastically received by all the participants who encouraged the District to continue these successful events.

We provided goodies for the volunteers to eat. We also had an educational display to help people learn about the environment and nature.

### **23. Flowers of Thanks**

Submitted by Anonymous

I work at a gas station. One night, a man came in and wanted a fountain soda for him and his wife. He did not have the full amount for them both. So I told him that he could have them anyway. When I went to work the next day, I was presented with six roses and a really nice note from the man thanking me for letting him have the pops, along with the money he owed me.

### **24. Different Ideas**

Submitted by Anonymous

I personally enjoy saving the pull tabs off of soda cans and turning them in to a local kidney association. They use them to help pay for dialysis treatment for their patients. I also enjoy saving "Labels for Education" for a local middle school that my son attended when he was younger.

One other thing I do is cut out manufacturer's coupons to send to Commissary's for Military Personal and their families to use in the Commissary as they do not get coupons in their Sunday newspapers in other parts of the world. The military personnel can use coupons that have are expired by as much as six months!

### **25. Post Office Samaritan**

Submitted by Jay, California

It was the 20th of December and I was in the one-room post office of my small town. The lady in front of me was somewhat elderly and handed the post lady a package. "It's a Christmas present for my granddaughter," she said and counted out her money to cover the First Class postage. When she left, the post lady took some money out of her purse and put it in the P.O. cash register. Then she proceeded to change the postage on the elder lady's package from first class to Priority Mail and smiled. And when I walked out of that post office I was smiling too.

### **26. A Friend Helps Out**

Submitted by Cheryl

I had caught a bad cold and was feeling terrible. My energy level was pretty low and my son hadn't been out all weekend to enjoy the winter weather. I knew he was sad that I wasn't feeling well as I had planned to take him to the ski hill. Now I could see the disappointment in his eyes. I also had studying to do for a college exam and I was feeling very frustrated. Out of nowhere, my friend calls me and asked if she could come pick up my son and take him to the ski hill with her son. I gladly accepted. She also went out of her way to pick him up and bring me cough drops to make me more comfortable after she had worked all day. Now that is a true friend!

### **27. Youth Group Practicing Kindness**

Submitted by Dave

When we started this with our youth group, I had no idea how it would go.

Our Wednesday night "meetings" were getting old and quite frankly boring so I wanted to spice it up. Once each month we take about 40 teens out for two hours to do AOK in the community. We call it A-OK night. By the way, our group has grown from 18 to 40 since starting this.

Some of the things we have done (all have been well received):

1. Cleaning bathrooms and windows of local businesses. We have hit about 70% of the businesses in our community.
2. One night we met the three janitors of our local middle school and our kids cleaned the entire school, in and out. It was awesome!
3. We call this one "Baked with Love." We take homemade bread, cookies etc. and deliver a plate to local businesses, schools, government offices, rec center etc.
4. We bought a whole bunch of squeegees and we go to a large retail store and clean all of the windows on the cars in the parking lot.
5. We bought "mini pies" from a grocery store and we deliver them door to door in our neighborhoods with a little note that is real cute.
6. We took big trash bags and walked the neighborhoods.
7. We went to our local low income mobile home park and did repairs for the folks living there.
8. We held a soccer camp for a neighborhood of underprivileged Hispanic children.
9. We went to our local copy center and cleaned the store after they closed.

## **28. Blankets for the Homeless**

Submitted by Barbara, Indiana

This summer I collected 65 blankets and sleeping bags in good condition at garage sales and auctions. I washed them all and put them in boxes. On Thanksgiving Day, my husband and I took them to the Hope Rescue Mission in South Bend, Indiana and asked that they be given out free to all the homeless who came in for the dinner.

A week later, the lady that gave them out told us that they were all gone by the next day. She said the people who received them were so thrilled they were jumping up and down and hugging one another and were so very thankful for them. One man had heard about the sleeping bags, and he walked a long distance to get one, but they were already gone. We were able to purchase another one from the store and leave it for him.

This was the most rewarding Thanksgiving Day of our lives. And it was so much fun collecting these. Now I am looking forward to collecting more blankets and bags this summer as well as stocking caps, scarves, gloves, and warm socks. It doesn't cost a lot to make a big difference.

## **29. 6th Annual Park Clean-Up**

Submitted by Chris, Illinois

We thought you might enjoy some of these photos for your newsletter. We had a glorious day for our event and everyone was very enthusiastic as they shared their kindness with us. Here's more information about the project...

The Forest Preserve District of DuPage County celebrates World Kindness Week!

On Saturday, November 19, 2005, over 150 volunteers contributed their "Random Acts of Kindness" to a workday at Hidden Lake Forest Preserve in Glen Ellyn, IL. Five groups lead by dedicated East Division Rangers assisted with shoreline de-littering, parkway clean-up and removal of buckthorn in the preserve. Acts of kindness were shared by Boy and Cub Scouts, Girl Scouts,

middle and high school students from DuPage County not to mention the interested volunteers from several suburbs of Chicagoland. Participants learned more about kindness for our wildlife neighbors from Willowbrook Wildlife Center volunteers and their exhibit on the affects of litter on wildlife. This is the sixth "Random Acts of Kindness" workday for our energetic volunteers!



### **30. PB&J Drive**

Submitted by Roslyn, California

For years, I have spearheaded a Peanut Butter and Jelly drive. All proceeds go to Saddleback Outreach to feed the hungry. We have averaged 300 lbs. per year. In 2006, we set a goal of 400 pounds - and we exceeded it by 45 pounds for a total of 445! It was our fifth annual drive. It's barrels of fun to spread the joy!

We feel especially good about this result because the local paper did not publish anything until the day before the drive ended. The community still came through for us!

One overheard conversation at one of the drop-off sites was as follows:

A man saw the barrel with the request for PB&J. He laughed and said, "There are no poor people here. Why are they doing that?" A woman happened to overhear and she piped up, "When I was a young mother with three little children that I could not feed, I went there and they gave me food." She went on to add that she was going to the market and pick up some PB&J - which she did. That same man made two more trips back to the coffee shop collection site - both times with bags full of peanut butter and jelly!

I have also handed out red carnations in my brother's memory and asked the recipient to pass it on. He's smiling down on us!

### **31. SPCA Benefit Basket**

Submitted by Donna, New York

One thing I have done for the past two holidays was making a basket filled with homemade candies and raffling it off to benefit the SPCA of Wyoming County in New York. This organization is a no kill shelter and it is located in a poorer farming community. The past two years I have raised \$180 from the raffles. I also make catnip bags and cage comforters for a few local organizations.

Keep up the great work!

### **32. Donating Frequent Flier Miles**

Submitted by Tanja, Texas

I used my airline miles for giving several magazine subscriptions to our local nursing home in Elgin, TX.

I found this to be a very good use for my miles.

### 33. RAK Week in Morgantown, West Virginia

Submitted by Janey, West Virginia

On the eve of Valentine's Day, the United Way – accompanied by representatives from the city of Morgantown, Monongalia County and West Virginia University – is gathering at the Monongalia County Courthouse Square to officially kick off Random Acts of Kindness Week (Feb. 13-19).

The event will begin at noon and feature popular local entertainer Bobby Nicholas and a visit from Captain Kindness, a United Way super hero who dons a cape, sings and plays a banjo. In addition, Morgantown Mayor Ron Justice and county commissioners will be on hand to make a special proclamation, designating Morgantown the "Kindest Community in America." Guests will be treated to cookies and cocoa while master of ceremonies Scott Rotruck, president of the Morgantown Area Chamber of Commerce, will moderate the activities. The event will last about 30 minutes. Businesses are encouraged to attend to show their support for Morgantown and its positive business climate.

"I want to invite business people and everyone else out to our courthouse Monday," he said. "One of the big reasons Morgantown has grown so rapidly in recent years is because of our people and their supportive spirit. This will be a time to celebrate that."

Throughout the week, the United Way is asking community members to report kind acts by sending an e-mail or calling. *The Dominion Post* will keep track and publish a daily "kind-o-meter," and some of the stories may be posted to a special United Way kindness Web site. At the end of the week, the names of the good deed-doers will be entered into a drawing for a Mountaineer fan package consisting of a football autographed by WVU's Sugar Bowl Championship team, a mini basketball signed by head basketball coach John Beilein, two T-shirts and sports media guides.

Kelly Stobbe, Wellness Councils of America director of council affairs and United Way Random Acts of Kindness Committee chairwoman, said more than 6,500 good deeds were submitted last year. This year's goal is 7,001. Once people have experienced a caring act, the idea is to "pay it forward," creating heartfelt momentum that will continue throughout the week and hopefully become an everyday endeavor, she explained.

Other Random Acts of Kindness Week activities include showings of the movie "Pay It Forward" at the Metropolitan Theatre on High Street. Show times are Thursday, Feb. 16, at 7 p.m. and Saturday, Feb. 18, at 1 p.m. Sponsored by the Board of Park and Recreation Commissioners, the event is free and open to the public.

Participating businesses will hand out special cards for random acts of kindness, and *The Dominion Post* will publish an insert with kind ideas in its Sunday, Feb. 12, issue.

Kindness will also be contagious at WVU and WVU Hospitals. WVUH is set to play host to Captain Kindness at the Child Development Center Feb. 15; an Intranet Web site was established to promote the week; volunteers and security officers will have treats for patients, visitors and staff; and the cafeteria will randomly award coupons to customers.

From 11 a.m.-1 p.m. Feb. 15-16, there will be free cookies and cocoa in the Mountainlair for WVU students and employees; members of the University community can send eCards with kind messages to co-workers, family and friends (go to <http://ecards.scripts.wvu.edu/>); individual colleges and units are encouraged to organize employee appreciation activities; and the WVU Center for Civic Engagement (formerly the Office of Service Learning Programs) will honor students for their outstanding community service with President Volunteer Service Awards.

Kindness will also be the word of the week at Mon General Hospital. Beginning Monday, Feb. 13, Mon General will partner with the Morgantown Police Department by collecting stuffed animals for Morgantown's finest to distribute as needed to Morgantown children. Mon employees will drop off the toys at the hospital's main lobby to be picked up by Morgantown police Friday, Feb. 17.

A drop box and cards will also be placed in the Mon cafeteria for patients and employees to write anonymous notes to others, expressing what they appreciate about them. Some of the notes will be displayed on Mon's wellness bulletin board.

On Valentine's Day, employees will pass out flowers to patients; musician Howard Emerson will be on hand to play the harp for two hours Wednesday, Feb. 15; the Center for Complementary Medicine will provide five-minute chair massages for guests; and Mon employees and guests will be treated to hot chocolate and cookies Thursday, Feb. 16.

## **34. Fort Smith, Arkansas Kindness Plans**

Submitted by Jay, Arkansas

Here is what I have planned for RAK Week in Fort Smith, Arkansas...

Dr. Phillips wants to continue to get the word out about kindness! He is being interviewed on KFSM TV-5 (CBS) here in Fort Smith, Arkansas on Thursday morning. He will be talking about the 12 mayors from surrounding cities coming together to proclaim Feb. 17th "Random Act of Kindness Day". He will also hint to the award that is going to be presented. He will also let the people know what they can do as a random act of kindness.

The presentation will happen Friday at 1:00pm at one of the parks in Fort Smith. All 12 Mayors will be present and they will read their Proclamations. Then Dr. Phillips will present a new award.

"Dr. David P. Phillips  
Presents  
The Arkansas River Valley  
Act of Kindness Award"

Below this will be 10- 2 inch brass plates. (This is where each year's name will go). Then under the two columns of brass plates we will have a long bar with "No act of kindness, however small, is ever waited." Aesop. We will be honoring a different person or organization each year.

I hope we can make you and your organization proud. It isn't a lot but it is a start!

## **35. Iceblock Patrol**

Submitted by Carmel, New Zealand

I decided quite a while ago that nobody does much for free these days, so I drove up the streets in our town and gave away free iceblocks. At first I bought them myself, but now people supply me with them for free.

It's awesome to cruise up to someone and say, "Hey, How are you doing, Do you want a free iceblock?" Sometimes I take others with me and they've enjoyed themselves so much, that they want to do it in other towns as well.

## **36. Women's Ministry**

Submitted by Maranda

Our women's ministry tries to have an organized event each month. In addition to our meeting we have an act of kindness that correlates with our monthly event.

For example:

February - we distributed Hershey's kisses to church members as they exit the church

March - each lady is tasked with cleaning out her personal library and donating a book(s) to our church library

April - we are having a make it and take it craft workshop and each woman will make a craft to keep and an additional craft(s) to be donated to a local shelter that works with women & children.

Each month we have a different RAK.

We started incorporating the RAK to foster fellowship and the spirit of giving back to the members of our church, immediate community surrounding our church, and organizations that benefit / meet the needs of women and children.

### **37. Operation Noah**

Submitted by Lori, Arizona

Operation Noah was started in 2004 by my son, Dennis. This past week he (now 14) and my youngest son, Sammy age 10, went with a friend, Kyle, from Arizona to California to surprise hospitals with new stuffed animals. We took over 1,000 with us. Dennis wrote up information on Random Acts of Kindness Week to pass on to each hospital. They were able to personally hand out stuffed animals to children in need of a friend.

Operation Noah, his quest to comfort hospitalized kids, was started after Dennis was hospitalized for a colonoscopy. "It was scary. The nurses gave me a stuffed animal, and that comforted me," the teen said. When Dennis discovered there was only one item left in a box of donated toys for patients, he decided to start his own effort to collect toys for children in local hospitals. Operation Noah has grown and as of RAK Week 2006, Dennis has donated over 12,000 new stuffed animals.

### **38. Feed the Hungry**

Submitted by Melissa

This is a simple way to help others meet an important need. I carry in my car a variety of non-perishable food items such as granola bars or cereal that I can distribute to people on the streets panhandling. Generally I don't carry cash and would actually prefer giving something I know a person will use properly. I've heard of others that put together bags of food, toothbrushes, and other toiletry items to hand out when they see someone in need. It doesn't cost too much and it helps fill the hungry stomachs on our streets.

### **39. Beary Christmas**

Submitted by Cherise

Anyone can do this - for the last four years I have collected new and almost new (bearly used) stuffed bears and animals and held them in storage until Thanksgiving and Christmas. I get great pleasure in wrapping them and sending them to new homes to children who have nothing. This last Thanksgiving was the most touching for me when I took over 30 stuffed animals to a homeless shelter and got to meet some of the children. It was fun watching them pick out a new friend and enjoy having something special that they could cuddle with each night.

Call your friend who are spring cleaning and grab those nice looking stuffed animals and give them a home! It will make you feel good and best of all it will make a child so happy and feel loved.

### **40. Community Car Washes**

Submitted by Heather, North Carolina

I run a non-profit organization in North Carolina. One of our major focuses is promoting all kinds of volunteering, including random acts of kindness, in our area. In May, for example, we will be conducting "Free Community Car Washes." While a "free car wash" fundraiser is not a new idea, our event is NOT a fundraiser. It's simply an act of kindness we do for our community. When a person gets their car washed, we give them a "DO GOOD" card that requests for them to go to two good deeds for other people as payment. It's worked amazingly in the past, and this year we

want to step it up by offering a list of “random acts of kindness ideas” to individuals, to make it easier for them to go help others!

## **41. Warm Bread**

Submitted by Theard, The Netherlands

The following is an example of a warm act of kindness:

In our little Dutch town here there is one supermarket who, at end of certain days, places its loaves of unsold bread at the outside back of the shop. The homeless are mostly the ones who collect. These are usually loaves from either the same day or perhaps the day before and thus are still suitably fresh.

How caring and what an act of kindness!

Perhaps an thought to share this idea with your nearby supermarket.

## **42. ?**

Submitted by YOU?

*Have you or your community group done an act of kindness? If so, share it with us! E-mail RAK at [info@actsofkindness.org](mailto:info@actsofkindness.org). Your activity could be the next one added!*

**Practice Random Acts  
of Kindness™**