

Kindness Counts

Small gestures matter more than you think

- Pay someone a sincere compliment
- Send a Yale [chat sticker](#) to a colleague or friend
- Volunteer in your community
- Leave money in a vending machine for someone
- Do a 5K for a good cause
- Let someone go in front of you in line
- Let someone merge while in traffic
- Organize a community clean up
- Leave a letter of encouragement for someone
- Hold the door open for someone
- Walk a neighbor's dog
- Plant a tree
- Snap a photo for a group
- Leave a generous tip
- Become a mentor
- Rake your neighbor's leaves
- Bring someone a cup of coffee or tea
- Lend a friend a favorite book
- Help tutor a struggling student
- Take the time to listen to someone
- Feed the birds
- Reconnect with an old friend
- Be kind to yourself
- Invite someone alone to sit with you at lunch
- Reach out to a someone to say hi "just because"
- Smile at a stranger

Be a positive influence online with kind comments

Reach out to someone who is having a hard time

Give up your seat for someone

Praise a local business online

Share your favorite recipe

Leave post-it notes with positive and inspiring quotes in public places

Offer to return a shopping cart for someone

Leave coupons for someone else at a store when you shop

Pay for the person behind you in line or a drive-thru

Say hi to a stranger

Use a reusable water bottle

Look in the mirror and say 3 positive things about yourself

Take a walk outside and reconnect with nature

Text someone good morning or good night

Forgive someone

Give a handmade gift to a friend

Donate pet food to an animal shelter

Make a care package for someone who isn't feeling well

Tell someone you are happy for them

Take a break when you need one

Donate to a food pantry

Send a handwritten card

Be an active listener when in the company of others

Cook a meal for someone who is struggling

Declutter your home and donate items to a local charity

