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