

50 Kind Things To Do

We challenge you to perform as many kind deeds as you can. Using this list, check off your acts of kindness as you go. Have fun!

Laurus College Kindness Checklist

- Say 'Good Morning' to 15 people
- Write a loving note to a family member
- Take a hot beverage or treat order from an inpatient's family member(s) and deliver it to them the next day
- Ask one child what kindness means to them and share that with a colleague or friend
- Read a favorite book or look at photo album with an elderly person/patient.
- Write notes of gratitude to people outside of your department
- Ask a colleague what kindness means to them and share with them what kindness means to you
- Bake some cookies and deliver them to someone who works a night shift
- Collect and deliver sleeping bags or warm coats for the homeless
- Pick up trash or clean up graffiti in your neighborhood
- Write, draw, make or buy something encouraging for a colleague who is experiencing difficulties
- Leave a treat on the desk of a coworker you don't normally gravitate towards
- Share on social media one of more of the kind deeds your colleagues have done
- Bring a healthy snack to share with coworkers
- Tell an appropriate joke and make someone laugh
- Leave kind notes for five of your neighbors
- Surprise a coworker with a favorite beverage
- Make a donation to a coworker's favorite charity
- Leave a piece of chocolate on everyone's work station
- Treat a coworker to lunch
- Offer to help a coworker with errands
- Collect books for your local library
- Smile at 25 people
- Buy a random person lunch at where you might be dining
- Take a walk with a coworker during your break
- Hold the door open for someone
- Pat yourself on the back
- Compliment five people
- Be kind to yourself and have a healthy snack
- Learn something new about your supervisor or coworker
- Walk or bike to work
- Help someone who may need help carrying something
- Learn to say 'Thank You' in another language
- Call a coworker in another facility or office and thank them for how their work helps you
- Introduce yourself to a new coworker
- Volunteer at a local charity or with your child's school
- Donate something to a local shelter
- Deliver something special to a visitor in the hospital who hasn't had many visitors
- Call your parents, sibling, or past acquaintance to get caught up on their lives
- Make sack lunches for the homeless
- Be a friend who listens
- Have a meal with your family or friends without looking at your phone
- Take a deep cleansing breath each day
- Surprise a coworker or neighbor with flowers
- Make "Thank You" note cards and give to anyone you noticed performing a kind deed
- Park farther away from a building entrance to allow others to park closer
- Let someone go in front of you in line
- Return your shopping cart (and/or someone else's) instead of leaving it in the parking lot
- Start contributing to your hospital's foundation or a charity of your choice
- Create your own kind deed