

Acts of Kindness

© Lifestyle Leaders, PS & T Stewart, 1981. (version 3.2 October 2010)

**Doing these not only makes others feel good, but also makes us feel good.
Acts of kindness change attitudes & opinions, and can even change the World!**

Examples abound. One is only limited by one's imagination. Try some of these:

Laugh, Smile & spread Happiness around:

- Smile at strangers, colleagues & friends;
- Tell a tasteful joke;
- Send some flowers, a card or a letter to someone - *eg: a grandparent, aunty, cousin or friend*;
- Sit & talk to a stranger or "loner" at a bus stop, on a train;
- Compliment others about something they did or how they look;
- Tell people you appreciate the work that they do—*eg: police, cleaners, co-workers, parents*;
- Talk with neighbours whom you hardly know.

Be Helpful, Kind & Well-mannered:

- Make your wife or parents a cup of tea/coffee without being asked;
- Don't litter anywhere (*even clear away your own rubbish at McDonalds*) & also pick up some litter;
- Stand up for someone who is being bullied;
- If you find a lost purse or wallet, return its entire contents to the rightful owner, or to the police;
- Open doors for ladies, those older than you, and for little children;
- Sit quietly with someone who is sad or visit someone who is lonely;
- Offer your seat to ladies, the disabled & the elderly, and allow them onto public transport first;
- Do more than your fair share of work - *eg: do extra jobs at home or at work, without being asked*;
- Drive considerately – *eg: allow a parked car to enter your line of traffic, or stop for a pedestrian*;
- Offer to push an elderly lady's grocery trolley to her car, or return it for her, to the Trolley Bay;
- Be kind & forgive someone who has hurt you a little – maybe they were just thoughtless;
- Offer to photograph a group of tourists, so that everyone in that group can be in the photo;
- Help a friend to move house, fix a car or sew a dress, or help a new workmate or team member;
- AND, say "thank you" to anyone who helps you!

Serve Others:

- Volunteer - *eg: animal shelter, Meals on Wheels, Support-a-Reader, collect for the Red Shield Appeal*;
- Become a Youth Leader or Scout/Guide Leader;
- Serve your family – *do chores for your parents or relatives; help your children*;
- Join a Service Club - *like Lions, Rotary, Zonta, Quota or Apex* ;
- Serve your neighbourhood - *offer to do some shopping for an elderly or sick neighbour; mow a neighbour's sidewalk; keep your neighbourhood clean; join Neighbourhood Watch*;
- Become a Justice of the Peace;
- Join the SES.

Give, Donate & Share with Others:

- Give to charity – *eg: old clothes, utensils, furniture, money ... to St Vinnies, Lifeline, etc.*;
- Donate – *eg: give blood regularly; become an organ donor; donate money to non-profit organisations (eg: Fred Hollows Foundation, Q'ld Cancer Fund); buy raffle tickets from the Surf Life Savers, junior sports, etc.*
- Share your lunch - *with someone who has forgotten theirs*;
- Share your knowledge/skills/time – *eg: help a friend with an assignment/task; mentor a younger workmate; spend time with your kids; get to know a new neighbour; tell a new member of your club how it operates*;
- Share your games & computer time with friends & family;
- If religious, give to your church.