

Acts of Kindness

This week is dedicated to random acts of kindness. Here are some ways to leave an imprint of kindness on those around us, especially the little people in our lives (who are watching). As we touch those around us, may kindness become a daily practice.

- Send a note or call someone who needs encouragement
- Let someone go ahead of you in checkout line
- Purchase the 'Buy One/Get One' and give one away
- Pick up the tab at the drive-thru for person behind you
- Leave a small gift or card, anonymously
- Give someone a compliment
- Offer your chair if seating is full
- Return a grocery cart for someone who needs help