

April Acts of Kindness Week

April 18-24, 2021

#ShowUsYourHART Checklist

Bring a friend coffee or tea.

Make a meal for someone else.

Help someone make a professional connection that could help their career.

Donate school supplies to a local teacher for their class.

Send someone an email or text to let them know you're thinking of them.

Register for a walk or run that benefits a cause you care about.

Build a bird feeder or feed the birds.

Buy a meal for a person experiencing homelessness or joblessness.

Donate to a fundraiser.

Offer to pick up groceries for a neighbor when you go out.

Intentionally aim to not complain for an entire day.

Write a list of 10 things you're grateful for.

Pass your favorite book on to someone you care about.

Text or DM someone a compliment.

Create an appreciation post about someone you love on social media.

Connect with your government officials about an issue that is important to you.

Write down three things you are grateful for before you go to bed.

Repost your favorite small business and tell them why on your story!

Collect items you would like to donate.

Recall a kind moment that happened to you while on campus.

Check in with a friend or family member you have not spoken to this month.

Leave an encouraging note where someone else may find it.

Write yourself an encouraging message and post it where you can see it every day.

Donate food to a food bank, food share, or community Little Free Pantry.

Hold a door open for someone while running errands.

Staying connected through organizations is important. Tell us organizations in your neighborhood that are involved in your community.