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.