

# THERE IS HOPE

## ACTS OF KINDNESS IDEAS

- Pay for someone's petrol.
- Keep a bag stocked with snacks, toiletries, and socks for the homeless person you may encounter.
- Take out the rubbish for an elderly or disabled neighbour.
- Bring fresh flowers to someone.
- Offer to babysit for free.
- Mow someone's lawn for free.
- Pay for someone's fast food meal behind you in the drive-thru.
- Leave a big tip for your server at a restaurant.
- Pay for someone's movie that is behind you in line.
- Pay for someone's meal or dessert at a restaurant.
- Sell an item on Facebook Marketplace and when the buyer comes to pick up the item, give it to them for free
- Pay for someone's shopping that is behind you in line.
- Slip an amount of money to someone you know is struggling financially.
- Send a letter of appreciation to the emergency services
- Visit a nursing home and spend time talking to someone.

[Sixty percent of them will never have a visitor during their stay.]

- Pay for someone's haircut at the barbers or hairdressers
- Give a treat to the postman or delivery man.
- Buy a gift voucher for someone.
- Pay for someone's parking.
- Give another driver your parking spot.