

KINDNESS

ACTS OF KINDNESS

EMPOWERED BY YOU

INSPIRED TO DO MORE? WE GOT YOU COVERED.

Below are some ideas to help you keep the kindness going. No act of kindness is too big or too small – sometimes just a simple smile is all it takes.

KIND MESSAGES

- » Email a teacher and thank them for making a difference
- » Send a “thank you” card or note to the officers at your local police or fire station
- » Send a positive text message to 5 people you haven’t spoken to in a while
- » Send a gratitude email to 3 coworkers
- » Leave a sticky note with a positive message for someone to find
- » Hand a note or small gift card to a service provider (ex. delivery person or trash collector)
- » Leave an uplifting note in your neighbors mailbox
- » Write your partner a list of things you love about them
- » Leave a positive review on Google for a company, restaurant, or business you love
- » Have a LinkedIn Account? Write a recommendation for a co-worker or connection



Psst..See reverse »

ACTS OF KINDNESS

- » Find opportunities to give compliments — it costs nothing and could make someone's day
- » Donate your stuff — consider giving items to a person or organization that needs it right now
- » Leave an extra tip at a local restaurant or with the delivery driver
- » Pay it forward at the coffee shop by buying coffee for the person behind you in line
- » Do a chore that you know your partner or family member doesn't like doing
- » Donate old towels or blankets to an animal shelter
- » Surprise a neighbor with a freshly baked treat
- » Smile at 5 strangers
- » Practice self-kindness and spend 30 minutes doing something you love today
- » Know someone who could use an extra hand? Offer to help for a few hours
- » Do a favor without asking for anything in return
- » Make a family member breakfast in bed
- » Put your phone away while in the company of others
- » Donate to the SECU MD Foundation (donate.secumdfoundation.org/donate) to help support education, health and wellness, and community development initiatives across Maryland.

Share a photo or video as you complete your Acts of Kindness at SECUMD.ORG/KINDNESS or by tagging [#SECUMD](https://twitter.com/SECUMD) [#SECUKINDNESS](https://twitter.com/SECUMD).

