

With No Money:

1. Write a letter to someone
2. Exchange a smile with a stranger
3. Open doors for others
4. Donate some of the good stuff in your closet
5. Forgive someone and do a favor for someone who's wronged you in the past
6. Walk someone's dog
7. Offer to return a shopping cart to the store for someone loading the car
8. Give someone your car for the day
9. Clean someone's house
10. Show off your city by driving people around and sharing great places to visit
11. Play music for the elderly
12. Cook a nice meal for a friend
13. Compliment a stranger
14. Babysit for free
15. Have a clean-up party in a local park
16. Visit an elderly person in need of assistance
17. Read the book, 365 Ways To Change The World, by Michael Norton, and then give the book to a stranger
18. Offer someone a ride in a safe setting
19. Let someone go ahead of you in line
20. Give your leftover dinner to someone living on the street as you leave
21. Send out some positive thoughts and prayers to others
22. Carry someone's groceries
23. Clean graffiti from neighborhood walls and buildings
24. Give away sporting equipment you don't use
25. Post "You're an Awesome Mom" notes on changing tables
26. Teach a skill to someone who wants to learn
27. Decorate a Kindness Rock and give it away
28. Make a phone call to a friend and tell him or her you care
29. Slip paper hearts that say "It's Random Acts of Kindness Week! Have a great day!" under the windshield wipers of parked cars
30. Frame a meaningful photo and give it to a friend or family member
31. Make a greeting card and give it to someone you love
32. Pick up litter in a local parking garage
33. E-mail a friend a list of 29 things you love about him or her
34. Invite a couple friends to come over to your place for an Improve Potluck. Each person brings something they've got in their fridge, freezer or cupboards. No trips to the store allowed!
35. Deliver handmade valentines to your local nursing home
36. Post some items on freecycle.org and pass the things you're not using anymore on to someone who will
37. Give another driver your parking spot
38. Start a game of jump rope in the park
39. Write thank-you notes to hospital volunteers and deliver them to the hospital to be shared anonymously
40. Read a book to a child before bed
41. Give up your seat on the bus
42. Clean up a road-side field, local playground or beach
43. Give free car washes
44. Offer to take out and bring in the garbage weekly for a neighbor who can't easily do it
45. Relieve a caregiver for an afternoon
46. Stop by a nursing home and visit a resident with no family nearby
47. Offer to bring books from the library for seniors at a nursing home or a home-bound person
48. Invite the less fortunate for Thanksgiving dinner
49. Use a camera to take people's pictures at a party or community event to give to them for free
50. Donate blood
51. Load bags of groceries into cars for shoppers
52. Sing at a nursing home
53. Donate old eyeglasses to an organization that recycles them for the needy
54. Collect unused make-up, perfume and other cosmetics for a center for abused women
55. Help an unemployed person compose a resume
56. Leave notes or money in random pages of library books
57. Chalk the sidewalks with positive comments
58. Take crayons and coloring books to the waiting rooms in hospitals
59. Work a concession stand to raise money for a good cause
60. Set a reminder and randomly e-mail your appreciations
61. Leave a stack of books you're done reading at a local coffee shop for customers to read
62. Volunteer at a shelter or food bank
63. On garbage day, bring in everyone's trash cans back to their house
64. Go share some hugs at a nursing home
65. Quilt blankets for newborn babies
66. Run or walk in a charity race with friends

Fall Event

1. Mow someone's lawn
2. Mend a hole in the fence
3. Rake someone's leaves
4. Give away flowers from your garden--fresh cut or dig up and share a great perennial plant
5. Weed someone's yard
6. Sweep neighbors' porches
7. Paint fences or park benches
8. Wipe rainwater off shopping carts or hold umbrellas for shoppers on the way to their cars

Winter Event

1. Shovel someone's walkway
2. Deliver a Christmas tree to a family in need or take one to a nursing home facility

ePIFanyNow.org™

pass it forward

3. Wipe snow off people's cars
4. Sing carols to your neighbors or a nursing home
5. Tape candy canes to ATM machines around town
6. Donate stockings with treats, candy and crafts inside
7. Ring Salvation Army bells
8. Give a pair of new socks and gloves to a homeless person
9. Hand out gift cards
10. Donate a poinsettia to a stranger
11. Pump people's gasoline so they don't have to get out of their car
12. Hand out hot chocolate at an ice skating rink
13. Adopt a Salvation Army angel or pick up a food angel at your local grocery store to provide a Christmas meal to a family in need

With a Little Money You Can...

1. Pay for someone's coffee
2. Deliver fresh-baked cookies to city workers
3. Put change in someone's parking meter
4. Drop baby supplies off at a crisis pregnancy center
5. Adopt a soldier at adoptausoldier.org
6. Buy an extra sandwich at lunch and give it to someone on the street who is hungry
7. Take "Get Well Soon" balloons to the hospital for nurses to give to those in need
8. Grocery shop for someone who is home-bound
9. Leave a bouquet of flowers on the desk of a colleague at work with whom you don't normally get along
10. Adopt a pothole and raise funds to repair it
11. Pay for the coffee, meal or bridge toll for the person in line behind you
12. Help neighbors paint and repair their homes
13. Pledge a donation for people participating in K run/walks
14. Leave a huge tip next time you go out to dinner
15. Buy water and cold drinks for children playing outside
16. Give a lottery ticket to a stranger
17. Help fix a run-down playground
18. Give a dozen hot doughnuts to a cold crew working outside
19. Drop coins on the playground for children to find while they played
20. Send flowers to someone just because
21. Hand out Tootsie Pops to children (with their parent's permission!)
22. Buy a stranger a free pizza
23. Treat a police officer to a cup of coffee
24. Hand bottled waters out of car windows to joggers passing by
25. Pack zip lock care packages for shelters filled with toothbrushes, deodorant, etc.
26. Buy the movie tickets for the person behind you
27. Give a massage appointment to someone who could use it
28. Pick up someone's tab the next time you dine out

29. Create a craft project like build a birdhouse with a child
30. Give stuffed animals to ambulance drivers to give to children
31. Leave small flower vases on doorsteps of strangers
32. Pay for people to ride the bus
33. Pay past due library fees for people
34. Give a pair of tickets to a baseball game or concert to a stranger
35. Buy local newspapers and give them away to strangers at a coffee shop or shopping mall
36. Put together a salon skit with nail polish, glitter, lotions for young girls at hospital
37. Bring some goodies to your local fire station/police station
38. Give homeless people who stand at the corner Burger King gift cards
39. Tape quarters to a pop machine for people to enjoy a cold beverage for free
40. Give cookies or treats to janitorial staff at work
41. Give your mail carrier a special treat in your mailbox
42. Take a caregiver to lunch
43. Hand out balloons to passersby
44. Give away grocery store gift cards at bus stops or Laundromats
45. Leave dollar bills around a dollar store or toy store
46. Give away a new basketball to a kid on the playground
47. Slip a \$20 bill to someone with financial difficulty
48. Buy a chocolate bar and share half with someone else
49. Plant a tree in your neighborhood
50. Drop off a backpack filled with goodies/essentials to a homeless person
51. Provide hats, gloves, or socks to homeless people or a shelter
52. Tape \$10 gift cards to the back of the dressing room doors in Goodwill stores
53. Give away energy saving light bulbs
54. Pay for the meal behind you in the drive-through
55. Give away 9 volt batteries for smoke detectors
56. Make homemade dog treats and take to a local animal shelter

With a Lot of Money You Can...

1. Donate a round trip ticket at Spec-Tran
2. Pay someone's mortgage for a month -- or a year for that matter
3. Search out someone who may need some real financial assistance. Maybe someone who had their lights turned off because they could not pay the bill. You could be the light that they need
4. Help a student with their tuition
5. Send someone you love on a dream vacation
6. Donate to a cause you care about