

THE SEESHELL GUIDE TO RANDOM ACTS OF KINDNESS

- 1. Tie a coat to a tree.** A stranger decided to tie a coat to a lamp post recently with the note: "If you're cold, please take this coat." Consider doing something nice, like this, and not telling anyone else.
- 2. Give out free coffee.** Consider following the lead of the countless customers at Tim Horton's and other drive-throughs who paid it forward by paying for the drink of the person behind them.
- 3. Pay for someone's groceries.** A woman witnessed this random act at her local grocery store and posted the story of someone adding more than \$60 to their bill when paying for someone else's. Next time you head to the check-out line, consider offering to help the next person in line or donate to a local food bank.
- 4. Create a care package for a homeless person.** Create multiple care packages for both men and women, or consider donating to Our Place.
- 5. Send a letter.** Whether you send a letter to a soldier, to an ill child or to your favorite community member, this random act of kindness can brighten someone's day immensely.
- 6. Offer to fill someone's tank with gas.** You will definitely make someone's day!
- 7. Give blood.** The Red Cross needs blood year-round, but around the holidays they require more donors than ever.
- 8. Over tip a waiter/waitress.** Tipping can seem like a small act but adding more than the standard could mean the world to someone, especially now when the restaurant industry has been so affected by the pandemic.
- 9. Compliment a stranger.** Genuinely complimenting a stranger at the right time can lift both their mood and your own.
- 10. Clean out your closet.** Goodwill, The Salvation Army and St. Vincent de Paul are always in need of clothing, shoes and outerwear. During the winter months, many locations are short the outerwear required for bracing the cooler temperatures.
- 11. Donate flowers to a nursing home.** If your holiday celebration at home or at work uses flowers as decorations, don't throw them out once the party ends. Ask that they be taken to a local nursing home to be enjoyed by the residents. When you first order your flowers, ask if you can donate a few dollars to their charity of choice. Many florists offer the opportunity.
- 12. Allow someone to help.** By accepting help from others, you give them the opportunity to enjoy performing a random act of kindness. By accepting an act of kindness, you are helping the trend grow and we hope that if a random act of kindness happens to you, you would then pay it forward.
- 13. Don't give till it hurts, give till it feels good.** No matter what act of kindness you choose to do, recognize how it brightens not only someone else's day but your own as well.



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