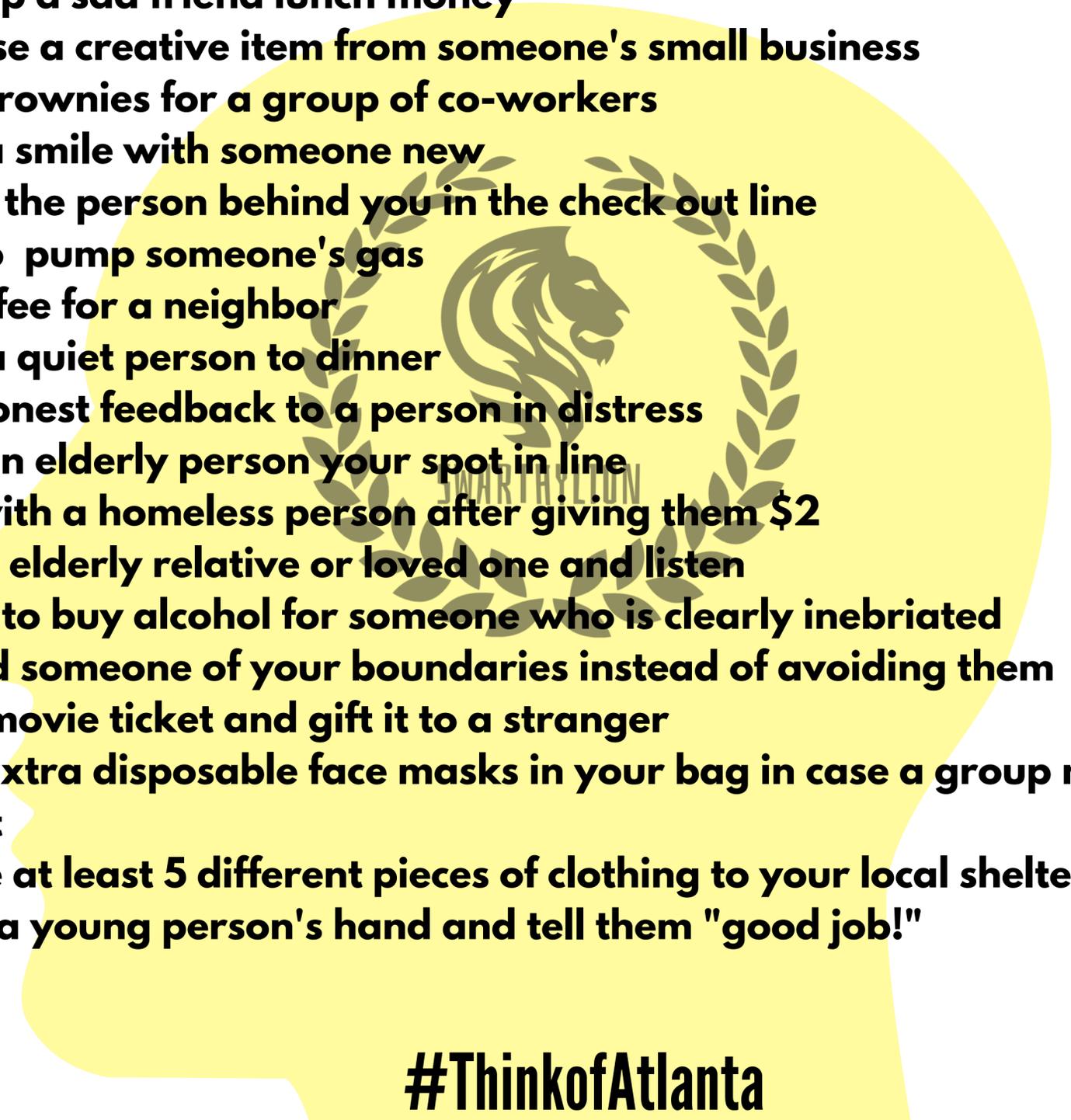


30 Random Acts Of Kindness



1. Give a free water
 2. Hold open the door
 3. Ask someone about their day and mean it
 4. Give someone a hug
 5. Pay a compliment to some new
 6. Send someone you haven't talked to in awhile a 'good morning' text
 7. Gift a special toy or treat to someone else's dog
 8. Donate a blanket to someone sleeping on the street
 9. Provide complimentary refreshments in your shop lobby or business front
 10. Start a conversation with someone who has a different skin color than you
 11. Watch your neighbor's plants while they're on vacation
 12. Recycle someone else's waste
 13. Cashapp a sad friend lunch money
 14. Purchase a creative item from someone's small business
 15. Bake brownies for a group of co-workers
 16. Share a smile with someone new
 17. Pay for the person behind you in the check out line
 18. Offer to pump someone's gas
 19. Buy coffee for a neighbor
 20. Invite a quiet person to dinner
 21. Give honest feedback to a person in distress
 22. Offer an elderly person your spot in line
 23. Pray with a homeless person after giving them \$2
 24. Call an elderly relative or loved one and listen
 25. Refuse to buy alcohol for someone who is clearly inebriated
 26. Remind someone of your boundaries instead of avoiding them
 27. Buy a movie ticket and gift it to a stranger
 28. Bring extra disposable face masks in your bag in case a group member needs it
 29. Donate at least 5 different pieces of clothing to your local shelter
 30. Shake a young person's hand and tell them "good job!"
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#ThinkofAtlanta

Our vision is to embolden the people of Atlanta to change the way we treat mental and physical health