



Random Acts Of Kindness



WORKPLACE IDEAS

BUSINESS AND THE COMMUNITY

- Create or donate floral arrangements for senior centers, nursing homes, police station, hospitals, etc.
- Collect goods for a food bank or shelter.
- Give coupons for discounted or free goods to schools to use as incentives for their kindness programs.
- Donate a percentage of your revenue for one day to a group in need.
- Donate flowers to a meal delivery program.
- Take up a collection to purchase items needed by a non-profit organization.
- Use bags decorated by participating school children. Distribute kindness bookmarks or buttons created by school-children.
- Buy a big box of donuts and give them to the store next to yours.
- Give kindness-related items, such as “pass it on” cards or bookmarks with kindness quotes on them, to customers.
- Start a ribbon campaign. Perhaps senior citizens or another group can create Random Acts of Kindness ribbons for free distribution at your place of business.
- Restaurants can host outings for Head Start classes. Give discounted or complimentary meals to seniors.
- Restaurants can give a participating school blank paper placemats on which kids can write their kindness stories or drawings depicting kind acts. You can perpetuate the supply by offering customers a discount in exchange for their creating a replacement Kindness Placemat.

COWORKERS

- Invite someone new to lunch.
- Tell your boss why you appreciate him or her.
- Remember others' birthdays and important events.
- Refrain from negative talk; concentrate on the positive.
- Show your appreciation to coworkers through words and notes.
- Bring in a treat to share with coworkers.
- Give a compliment.
- Write a letter commending an employee who helped you, and address it to his or her boss.
- Share positive news and quotes with others.

HEALTH CARE FACILITIES

- Put a large blank banner in the entryway or in waiting rooms. Invite patients and visitors to write their kindness stories on it for all to enjoy.
- Organize a massage-a-thon for caregivers. Contact massage therapists to donate massages to the hospital staff. Schedule the massages so that caregivers on all shifts receive one.
- Invite a community group, such as a classroom or service organization, to join you for a storytelling party or a special dance, tea, lunch, or bingo game.
- Invite hair stylists to come and style patients' hair. Ask them to share a snack or meal, or join you for a kindness storytelling party.
- Brighten patients' days by arranging with a florist or garden club to donate flowers to put on meal trays.
- Work with schools to develop interactive programs. Older children can read to the patients while younger children can visit or play games.

SUPERVISORS

- Bring someone a cup of coffee, hot cocoa, or a soft drink.
- Discuss with coworkers acts of kindness you all have given or received.
- Leave a kind note on the water cooler or counter with suggestions like, “Take a deep breath and move peacefully through your day.”
- Post copies of inspirational poems or thoughts for all to enjoy.
- Put an anonymous, supportive note on an employee's desk.
- Enter employees' names in a drawing for a “Leave Two Hours Early” certificate.
- Put plants in your facility. A study at Washington State University indicates that living indoor plants may increase productivity and reduce stress for employees.
- Give employees the option to take a paid day to go volunteer at a charity of their choice. Help them research a charity that most interests them.
- Create a “good news” bulletin board to fill with upbeat news about employees (such as pictures of coworkers' newborn babies or articles about the coworkers' accomplishments).



Source: www.ActsOfKindness.org