

30 DAYS OF *Giving Back*

- 1. Spend an hour picking up litter around your neighborhood as a family.
- 2. Cook a homemade meal and bring it to a friend or loved one.
- 3. Collect canned goods and donate to a food kitchen.
- 4. Donate gently used kids books to your school's library.
- 5. Volunteer to babysit for a friend.
- 6. Take your neighbor's trash bins in/out on garbage day.
- 7. Compliment 3 strangers.
- 8. Tape a free rental code and bag of popcorn to a Redbox kiosk
- 9. Pay for the person's coffee behind you in line.
- 10. Take a group of kids to sing carols at a retirement home.
- 11. Leave a coupon on the corresponding product in the store.
- 12. Say hello and smile to three strangers.
- 13. Volunteer to help in your child's classroom.
- 14. Write a letter on paper to someone and send it in the mail.
- 15. Thank a Veteran for their service.
- 16. Donate a new toy for Toys for Tots or similar charity.
- 17. Donate extra bedding and pet food to pet rescue or shelter.
- 18. Make "Blessing Bags" for the homeless with travel sized toiletries .
- 19. Tape change or a dollar bill to a vending machine.
- 20. Go to lunch or sit by someone new at lunch
- 21. Invite someone over you know may be alone on the holidays.
- 22. Tell a person who is looking for a job when you hear about an opening.
- 23. Introduce yourself to a neighbor you haven't met.
- 24. Notice an employee doing a great job and tell their manager.
- 25. Leave a small present in your mailbox for the mail person.
- 26. Donate blood.
- 27. Volunteer to be the designated sober driver for the evening.
- 28. Bring warm coffee or a warm meal to a homeless person.
- 29. Do yard work or shovel for an elderly person.
- 30. Leave a flower bouquet at a hospital or nursing home for the nurses to decide who needs it the most.