



60 ACTS OF KINDNESS!

In challenging times, with so much help needed around us, it's common to feel unsure about how or where to start. While it may be impossible to take away a difficult situation entirely, even just one small act of kindness can make a big difference!

To get you started, we have compiled a list of "**60 Acts of Kindness**", many of which you can do from home or within your neighborhood.

Look through the list, and if you can think of someone who might appreciate one of the ideas, make it your next project to brighten that person's day!

1. Check in with a friend or family member that you haven't heard from in a while to make sure they are doing well.
2. Write an encouraging note with sidewalk chalk outside to brighten the day of people who see it.
3. Smile or give a friendly nod at a stranger you see while on a walk or doing errands.
4. Send a card in the mail to someone you miss.
5. Offer to throw out the garbage for someone.
6. If you have old clothes or toys you could do without, donate them to charity or someone in need.
7. Call someone you know who has a sick family member and check how they are doing.
8. If you can afford it, pay someone's bill at the grocery store.
9. Call a local charity organization and see if they need help.
10. Help a loved one with something they've been struggling to complete, like homework or a big work project.
11. Give a hug to someone in your immediate family, or in your household.
12. Write a note to someone you care about listing the top 10 things you love about them.
13. When you go to the grocery store ask someone who is in quarantine, high risk or elderly if they need anything.
14. Ask a loved one how their day went, and if they're struggling, lend a listening ear.
15. Try and help someone unemployed to find a job.
16. Offer to help someone unemployed with their resume.
17. Place sticky notes with encouraging words in places for strangers or loved ones to find.
18. While making dinner, double your recipe (if you can) and send a meal to someone in need.
19. Forgive someone who you've been struggling with for a while.

20. Send a care package to someone you know is struggling.
21. Send someone flowers from a store or freshly picked from your backyard.
22. Donate any extra food to people in need.
23. If you have a favorite restaurant or small business, leave a positive review online to help them during the quarantine.
24. Call your grandparents regularly.
25. Take your pet (or your neighbor's pet) for a walk.
26. Pick up trash around your neighborhood or a nearby park.
27. Donate, volunteer, or raise awareness for a charity that helps a cause you care about.
28. Thank your child's teacher for their advice and support through distance learning.
29. Call a friend for no reason in particular—just to say hi.
30. Tell a joke to someone and make them laugh.
31. Hold the door open for someone while running errands.
32. Say a Tefillah (prayer) for someone - or even with someone.
33. Offer to run an errand for someone who is in the at-risk group.
34. Raise funds for people in need.
35. Make breakfast for your household.
36. Make a cup of coffee or tea for someone you live with.
37. Arrange to have a cup of tea and a virtual catch up with someone you know.
38. Help with a household chore at home, dishes, make your bed, clean your room.
39. Arrange to learn with a friend on a video call.
40. Compliment a loved one in the morning to make their day bright as it starts.
41. Tell someone you know that you are proud of them.
42. Check in on your elderly neighbors by leaving a note in their mailbox.

43. Send a motivational text to a friend who is struggling.
44. Play board games with siblings.
45. Send someone you know a joke to cheer them up.
46. Leave some treats or a small gift on a neighbor's doorstep.
47. Lend your ear – call a colleague and ask how they're finding the change in routine.
48. Give praise to your colleague for something they've done well.
49. Offer to skill share with a friend via video call – you could teach guitar, dance, etc.
50. Offer to lend something to someone in quarantine. A book, musical instrument, or anything else you think they would enjoy.
51. Make a Zoom with your extended family members
52. Leave a note in your mailbox to thank your mail carrier for their hard work.
53. Make and film a play to share with others to enjoy.
54. Buy some pre-wrapped treats and deliver them to local healthcare workers
55. Write letters to Soldiers – Send your creations to organizations like Operation Give-Back.
56. Reach out to Seniors with letters. Send them to the elderly in nursing homes, assisted living facilities, hospices, and senior centers around the world.
57. It's important to have kindness and compassion for yourself, too! Make time for one act of self-care each day, like going on a walk or eating a healthy, homemade meal.
58. Set Up a Chesed Wall to list your family acts of Kindness.
- 59. Sign up to Just One Story for weekly inspiration, and share it with others.**
- 60. Download the Just One Chesed mobile app and be connected with Chesed opportunities near you!**

TOGETHER WE CAN CHANGE THE WORLD, JUST ONE CHESED AT A TIME!