

# ONE-KIND-ACT

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
tell silly jokes to make someone laugh	leave a bag of popcorn at a redbox	walk dogs at the dog shelter	take treats to police or fire station	smile at everyone you see today	give out free high fives to everyone	go to a coffee shop and pay for someones coffee
leave sidewalk chalk messages around where you live	clean up litter at the park	leave kind notes for family and friends	leave quarters at vending machine	take coffee or donuts to a teacher or police/fire station	make a card or leave a treat/water for the mailman	donate some pet supplies to the animal shelter
take a treat to a nursing home	help clean up toys around the house	feed the birds	take cookies to your neighbors	make a card for a family member or friend	hold the door open for others	donate old toys to others in need
help wash a neighbors or family car	buy/pick some flowers for a stranger	buy some peanuts for the squirrels	help someone carry some grocery bags	read a book to a sibling or friend	take some cans of food to the food pantry	take your elderly neighbors paper to the door
call a relative just to say hello	send a paper hug to someone you love	hand out quarters at the local laudromat	<p>PLEASE HELP US SPREAD KINDNESS THIS YEAR BY PARTICIPATING IN OHGO ONEKINDACT. WHAT AN AWESOME WAY TO WATCH KINDNESS SPREAD LIKE FIRE!</p> <p>POST PHOTOS TO @OHGO ONE-KIND-ACT ON FACEBOOK #KEEPBEINGKIND</p>			