

Small acts of kindness that make a big difference in the world.

Reasons to spread good cheer:	Fun ideas to volunteer and be good (con't)
<ul style="list-style-type: none"> • To help others • To meet new people • To make a difference • To have fun • To feel better about yourself • To feel an increase sense of community • To increase your productivity • To learn a new skill • To use skills you already have • To give hope to others • To help make others happy • To help the environment • To feel valued and appreciated • To give your life purpose • Because it makes you feel good!! 	<ul style="list-style-type: none"> • Write a thank you note to a friend, or local trash collector, or just anyone • Be polite and say 'thank you.' • Donate your old cell phone • Volunteer to help kids after school • Go green • Reuse plastic bags until they're worn out • Create a compost in your backyard • Send your mom flowers • Send your friends flowers • Send your sister flowers, (see where I'm going with this?) • Help build wheelchairs • Join/Volunteer for Habitat for Humanity • Help abused women • Wash your partner/spouses car • Give your siblings a break, babysit for the night • Smile at someone • Be encouraging and positive • Honor a local hero/war veteran • Leave change in a soda machine • Clean out your closet and donate your extra clothes • Get a penpal • Leave an inspirational book on a bus or train • Lend an ear. Listen. • Give books to young adults • Create beauty • Put out a bird bath • Walk the dogs at a local animal shelter • Wash your neighbors pet • Adopt a tiger, lion or giraffe at a local zoo • Participate in a beach clean up • Recycle • Pay the toll for the person behind you. • Put a nice note in your child's lunchbox. • Record the memories for seniors in a local elderly home • Send an anonymous gift to a friend • Write a note to a boss who helped you • Deliver fresh cookies to election volunteers • Give blood • Have a clean up party in the park • Shovel your neighbors driveway • Support local mom and pop stores
Fun ideas to volunteer and be good.	
<ul style="list-style-type: none"> • Plant/sprinkle flowers randomly • Start a community garden • Get involved on local committees/politics • Volunteer at a local library • Tutor for an ESL program • Volunteer with children • Volunteer with animals at your local shelter • Donate goods to your local shelter • Volunteer your time at a senior home • Sit with an elderly person and just talk • Join Big Brothers & Big Sisters • Host a fund raiser for your favorite charity (make it an annual event) • Give a homeless person a pair of socks • Give a homeless person food • Give a homeless person a blanket • Have a yard sale and donate proceeds to a local charity • Buy a gift for a needy child at Christmas • Volunteer at a soup kitchen • Cut your neighbors grass • Pick garbage up – wherever you are • Plant a tree • Donate money to save a music program • Hug everyone in your house • Put money in a meter that's out of time • Randomly pass out postage stamps • Give fresh produce to an elderly neighbor 	