1. **Check in.** Ask someone how they’re really doing. Give them time to share the whole answer. Don’t offer advice unless you’re asked for it; just respond to their mood.

2. **Pass along a compliment.** Hear something nice about someone? Make sure they hear it too.

3. **Send a card.** Just because. Include a note listing 3 things you like best about the person.

4. **Leave a treat.** Who in your life is doing a tough job without much recognition? Mail carrier? Delivery driver? Leave a treat and a thank-you note. If baking isn’t your thing, leave a small gift card instead.

5. **Catch a movie.** Many streaming services now offer a way to watch TV or movies together or virtually on your laptops.

6. **Cook for a single parent.** Make (or order) dinner for a single parent you know. Be sure to ask about dietary needs and preferences first.

7. **Share your blessings.** Donate to a local food bank because many families are struggling right now.

8. **Make excuses.** That person who cut you off on the road? Come up with three good reasons why they might have done it. Get creative.

9. **Share a laugh.** Call or write someone you miss and remind them of a funny memory you made together.

10. **Mail a care package.** Send a box of special treats. Include a note on each item explaining why you’re sending it. Bonus points if it’s to a new parent and you use the right-sized diapers as padding.