



# creative ways to be kind today

- 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. Tell someone they made a difference.** Think of someone who was a good influence in your life or someone who picked you up when you were down. Write them a thank-you note.
- 4. Give a handmade gift.** A batch of cookies, a handmade card, or a craft you made is a great way to make someone feel special.
- 5. Take a walk.** Invite a friend for a walk on a local nature trail. The slow pace will let you talk, and being out in nature will be good for both of you.
- 6. Babysit for free.** Especially if you know a new parent, an evening of free babysitting can be much appreciated.
- 7. Share a good recipe.** Liven up someone else's dinner table with an old family favorite!
- 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.