



# 49 Acts of Love & Kindness

Lovingly expressed by the families of the 49

1. Visit an elder and ask them to tell you about the world when they were growing up or when they first got married or at their first job
2. Get school supplies for needy children
3. Help prepare school backpacks for kids in need
4. Offer to serve a meal at a homeless shelter
5. Introduce yourself to a neighbor you don't know
6. Volunteer with Meals on Wheels or similar and take food and company to a housebound senior
7. Volunteer at an animal shelter and give a stray some TLC
8. Offer to babysit a small child so parents can have some quiet time
9. Prepare a meal for someone undergoing debilitating medical treatment
10. Smile at least 49 times today
11. Hold a door for someone
12. Let someone cut in front of you during rush hour traffic
13. Teach a senior how to text, Skype, Facebook or Whatsapp so they can stay connected
14. Look at someone you normally disapprove of – and try to look at the world from their eyes.
15. If you see someone who is very different from you – look at all the ways you are the same.
16. Try to love and respect someone for who they are NOT what they look like.
17. Have a simple meal at home instead of going out and donate the savings to a food kitchen
18. Compliment someone you don't know – you will make their day.
19. Offer to help an elderly neighbor with their yard work
20. Read a child a story
21. Be patient with someone who doesn't speak English
22. Pick up something someone dropped
23. At the airport help someone with their luggage
24. In the plane help someone put in or take out their bags from the overhead compartment.
25. Say something nice to someone you don't like at work
26. Strike up a conversation with someone you would never normally talk to
27. Offer to go with an elder to a doctor's appointment
28. Offer to pick up a prescription for an ill or elder person
29. Offer to sit with an elder so that their caregiver can have some respite
30. Stay with a young child so that mother can go to the grocery store in peace for a change
31. Pick up a neighbors mail while they are out of town
32. Tell a police officer or a fire fighter that you appreciate what they do to keep us safer
33. Tell a teacher they are heroes
34. Donate food to a homeless shelter
35. Mentor a child – especially a child with extra challenges
36. Volunteer at organizations that help homeless teens
37. Help a non-English speaker as they learn our language by offering to help them read a book or understand a TV show
38. Try a food from a country you didn't know and learn something about it.
39. Pray for peace and tolerance
40. Learn the proper way to store a gun and how to keep it away from children
41. Become active in a cause that is important to you
42. Hug someone you haven't hugged in a long time
43. Adopt a pet
44. Considering being a foster parent
45. Share your talents by performing for free in a public place.
46. Teach someone to make music
47. Teach someone how to paint
48. Teach someone to read
49. Try to love more every day

For more information visit [ActLoveGive.org](http://ActLoveGive.org)

