



STRATFORD PERTH
COMMUNITY
FOUNDATION

It all comes back to you

Random Act Of KXndness Day®

Acts of kindness ideas that you can do with groups!

1. Rake leaves or shovel snow (weather depending) for neighbours, schools, businesses
2. Pick up garbage at parks, schools, downtown area
3. Help put groceries in car/return cart at grocery store parking lots
4. Hold umbrellas for people going into stores. (Weather depending)
5. See if auto collision centres need help washing vehicles
6. Go to local gyms (YMCA, GoodLife) offer to help clean machines and equipment
7. Help mail carriers load up their vehicles in the morning to give them a break
8. Help people pay for or fold their laundry at laundry mats
9. Go to local gas stations and clean peoples windows or help pump their gas
10. Going to grocery stores and packing customers groceries. Offering a carry out their bags
11. Writing positive notes on cards and leaving them on people's windows or mail boxes
12. *If snowing* – go to uncovered parking lots and help people take the snow off their cars
13. Help prepare/clean up flowers beds for the winter
14. Organize a clothing, food, pet, personal hygiene or baby drive within your household, organization, sport group
15. Visiting with seniors, playing cards or games