

# 7 ACTS OF KINDNESS

[THAT REQUIRE NO PREP!]

- Pay for the coffee of the person behind you in line (or leave \$10 with the cashier for later!)
- Buy a candy bar for the cashier at the store
- Send a Thank You e-card to your child's teacher (remember the 'special' teachers, too!)
- Email a Thank You to a member of the City Council, County Supervisors or School Board
- Write a compliment to a coworker and Post-It on their desk
- Leave an extra-generous tip for your server
- Pass a piece of chocolate to the bank teller