



28 DAYS OF Happiness

Ideas

for Random acts of Kindness

The shortest month of the year doesn't have to be short on happiness! During the winter doldrums of February, Genesis Health System and the Quad-City Times are teaming up to launch a "28 Days of Happiness" campaign to show how positive deeds and optimism can warm up this cold and less-than-popular month. Take the challenge, and do a positive act each day to spread happiness. Many acts of kindness per day, for 28 days, will lead to a happier Quad Cities community. And before we know it, we'll all be smiling at the arrival of March. **Share Your Happiness that you receive or give at [#28DaysQC](#)**

1. Send a text, email or Facebook message with a genuine compliment to someone.
2. Bring treat(s) to your coworkers, neighbors, and/or friends.
3. Cook/deliver a meal for someone in need.
4. Put your phone away when visiting or while dining with family, friends, coworkers.
5. Donate clothes, personal care products, eyeglasses, food to a local shelter or charity in need.
6. Give someone a plant, flowers, card and/or candy just because.
7. Write a letter to someone special in your life who has provided support, care, mentoring, etc.
8. Help a neighbor with shoveling their sidewalk or scrape ice someone's car for them.
9. Make a donation of any amount (small or large) to a charity that you didn't have on your list.
10. Thank a police, fire, ambulance, security, person for their services.
11. Thank someone in the military for their service with a card, note, phone call, email, text, etc.
12. Help at your local shelters to care for people and/or animals.
13. Buy a coffee/beverage for the person behind you.
14. Bake something homemade to make someone smile... a friend, neighbor, co-worker, new friend, stranger, etc.
15. Offer a homeless person leftovers or food. Just say hello and acknowledge them.
16. Write a teacher who made a difference in your life.
17. Compliment someone you work with to their boss.
18. Give your server a complement or write a note to them on your ticket when you tip them or leave an extra tip.
19. Let someone into your lane when driving – giving them a wave and smile.
20. Forgive someone, and never bring the issue up again.
21. Talk to the shy person who may sit by themselves at work, party, event, conference...
22. Babysit for someone to help them out and give them the gift of time.
23. Let the person behind you at the supermarket go ahead of you.
24. Write someone a letter. A letter on paper. And mail it.
25. Give someone a book you think they'd like.

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26. Be the person who puts a tip in the tip jar at the counter.
27. Hang up a sticky note with a positive message in the mirror or window where people gather; offices, bathrooms, break rooms, kitchenettes, hallways, etc.
28. Relay an overhead compliment.
29. Answer an email you have been avoiding.
30. Send an anonymous gift/flowers.
31. Write a list of things you love about your partner, friend, coworker, or family member.
32. Put together an herb garden or succulent plant for someone.
33. Talk to someone at work whom you haven't talk to before.
34. Thank your boss for his or her leadership.
35. Strike up a conversation with someone on the elevator or in the hallway.
36. Help someone who is lost find their way.
37. Ask a child their favorite TV show and watch it together.
38. Leave a special treat for the after-hours housekeeping staff.
39. Compliment a co-worker at every meeting or huddle.
40. Empty the dishwasher, fold laundry or clean up without being asked.
41. Leaving the grocery store? Give your cart to someone else.
42. Take a walk with a co-worker.
43. Smile and acknowledge the cashier as you go through a drive-thru or grocery line.
44. Wash a friend's car or buy them a car wash.
45. Dog or catsit for free.
46. Before bed, write down three things you are grateful for.
47. Make plans with someone you haven't seen or been putting off.
48. Smile at someone on the street, just because.
49. Give someone a hug or a high five.
50. When you hear the negative, discouraging voice in your head, remember to give yourself a break – *You deserve kindness, too!*

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