

MAKE CARE PACKS
OF TOYS AND STICKERS
FOR KIDS

#ebckindness

BAKE COOKIES FOR THE
LOCAL FIREMAN

#ebckindness

LEAVE A NOTE AND A TREAT
FOR THE LETTER CARRIER IN
THE MAILBOX

#ebckindness

BE A MOTHERS HELPER OR
BABYSIT KIDS FOR A FAMILY
(MIN 2 HRS).

#ebckindness

BRING YOUR TEACHER A
COFFEE OR HOT CHOCOLATE

#ebckindness

LEAVE AN ENCOURAGING
NOTE ON CARS IN A
PARKING LOT

#ebckindness

SEND A POSTCARD/LETTER
TO MISSIONS TEAM OR A
SHUT-IN.

#ebckindness

GIVE SOMEONE A STARBUCKS
OR TIM HORTON'S GIFT CARD.

#ebckindness

SEND A CARE PACKAGE
TO SOMEONE IN COLLEGE.

#ebckindness

MAKE A SPA KIT OF NAIL
POLISH, NAIL FILES, AND
LOTION FOR A FRIEND.

#ebckindness

LEAVE A PACK OF
BABY WIPES AT A
CHANGE STATION.

#ebckindness

LEAVE LITTLE PACKAGES OF
BIRDSEED AT A PARK OR LAKE
SO PEOPLE CAN FEED
THE BIRDS.

#ebckindness

LEAVE A PLANT OR BASKET
OF TREATS IN THE OFFICE AT
YOUR SCHOOL (OR BETTER,
FOR THE CUSTODIANS).

#ebckindness

LEAVE A RE-USABLE BAG IN
A GROCERY CART OR TAPE
QUARTERS ON THE
GROCERY CART.

#ebckindness

GIVE FLOWERS OR TICKETS
TO A LOCAL HOCKEY GAME
TO A BUS DRIVER.

#ebckindness

LEAVE A BUCKET OF OLD
TENNIS BALLS AT THE
DOG PARK.

#ebckindness

TAPE CHANGE TO A
VENDING MACHINE.

#ebckindness

CANDY BOMB THE
SOBEYS PARKING LOT

#ebckindness

DO YARD WORK FOR
A NEIGHBOUR.

#ebckindness

PAY FOR
SOMEONE'S
COFFEE.

#ebckindness

MAKE A THANK YOU
YARD SIGN FOR YOUR
GARBAGE MAN.

#ebckindness

PUT POSITIVE STICKY
NOTES ON BATHROOM
MIRRORS.

#ebckindness

LEAVE A LETTER IN
A LIBRARY BOOK

#ebckindness

WASH
SOMEONE'S
CAR

#ebckindness

BAKE A DESSERT FOR
A NEIGHBOR.

#ebckindness

LEAVE CHALK MESSAGES
ON THE SIDEWALK.

#ebckindness

WEED OR SHOVEL
FOR A NEIGHBOR.

#ebckindness

FILL A KINDNESS JAR
WITH CANDY FOR
ANOTHER FAMILY.

#ebckindness

TAKE ALL THE RECYCLING BINS
AND GARBAGE BINS BACK UP
FOR YOUR NEIGHBOURS.

#ebckindness

GIVE A GIFT CARD
TO A CASHIER.

#ebckindness

INVITE A FAMILY OVER
FOR SUPPER.

#ebckindness

BAKE COOKIES FOR THE
LOCAL POLICE.

#ebckindness

BAKE COOKIES FOR THE
LOCAL HOSPITAL STAFF.

#ebckindness

CANDY BOMB THE
METRO PARKING LOT

#ebckindness

