

# LOVE YOUR NEIGHBOR

## ACTS OF KINDNESS

Let's demonstrate love and kindness throughout our community.

The Challenge is to complete at least one act of kindness each day. Below you will find some ideas—many just cost a few dollars or a few minutes of your time.

1. Participate in Rise Against Hunger
2. Give away old toys to younger children
3. Give a thank you treat for the mail carrier, delivery person or sanitation worker
4. Help make appreciation gifts for Franconia Elementary Staff
5. Make happy notes on the sidewalk with chalk
6. Bring an item to share at Franconia UMC's community picnic on October 16, 2022
7. Attend the picnic and welcome members of the community
8. Organize an afternoon of games for your neighborhood
9. Invite a friend, neighbor or co-worker to participate with you in a Love Your Neighbor event
10. Take bottled water to the playground to share with others
11. Support Trunk or Treat with either participation or candy donations
12. Make a food donation for Phoenix Rising meal packaging
13. Help package meals for Phoenix Rising
14. Help deliver meals for Phoenix Rising
15. Take a special treat to a teacher
16. Rake leaves (or do gardening) for a neighbor
17. Babysit so that a couple can have a date
18. Carry some \$5 coffee gift cards to hand out
19. Take a prayer walk in your neighborhood and pray for each house
20. Give a gift card to a drive-thru restaurant or store check-out employee – or just tell them they are awesome
21. Surprise a neighbor with freshly baked treats
22. Make a list of people to pray for and pray for them each day
23. Leave a kind server the biggest tip you can afford
24. Email or write to a teacher who has made a difference in your life
25. Take a treat to a bus driver

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26. Compliment the first 3 people you talk to today
27. Invite another family over for dinner
28. Send a thank you card or treats to your local fire or police station
29. Take a thank you card to the local librarians
30. Donate blood
31. Introduce someone who just moved to town to new friends
32. Let someone go ahead of you in line
33. Bring a meal to a family in need (recent birth, sickness, or loss)
34. Tell someone under 30 the strengths you see in them
35. Purchase new socks and underwear and donate them to a local shelter
36. Send encouraging text messages to 5 people
37. Attach a kind sticky note message to a car window or mirror
38. Donate packages of diapers and wipes to a local agency
39. Make a list of things you love about someone and send it to them
40. Leave a happy note in a library book
41. Buy coffee, tea or food for the person behind you in line or at a drive-thru
42. Send a postcard to a distant cousin or friend who moved away
43. Pick up trash around the neighborhood or at a park
44. Pray for our government leaders
45. Make a phone call to a friend or family member far away
46. Go on an errand and smile at everyone you see
47. Blow bubbles (and take extra) to the playground
48. Give bottled water to someone working outdoors
49. Take cans of food to the local Food Bank
50. Donate old clothes a local organization