

Remember Random Act of Kindness Day is 17 February

Choose one Act hourly or maybe daily or maybe just one of these

Random Acts of Kindness

Choose at least one Act of each colour and at least one from each row



1 <i>Leave a nice note in a library book</i>	2 <i>Give someone an 8-Second Hug</i>	3 Send someone a nice note	4 Donate old books	5 Don't complain all day long	6 <i>Leave a nice note on a mirror</i>	66 <i>Give a compliment</i>
2 <i>Pick up trash in your neighborhood</i>	<i>Be kind to a stranger</i>	Draw a picture for someone	Bake yummy goodies for someone	SMILE at everyone you see today	<i>Do someone else's chores for them</i>	<i>water plants</i>
3 <i>Feed the birds</i>	<i>Write a gratitude list (20 things)</i>	Pick up trash you see on the ground	Give someone a good tip	Bring someone flowers (or draw a picture of flowers)	<i>Recycle</i>	<i>Share with another person</i>
4 <i>Donate old clothes</i>	<i>Help an elderly person</i>	Walk someone's (or your own) dog	Make a list of 10 things you're thankful for	Tell someone the reasons you like them	<i>Hold the door for someone</i>	<i>Donate to a local animal shelter</i>
5 <i>Offer water to those in need</i>	<i>Help make dinner</i>	Make a bird feeder	Donate old toys	Make someone laugh	<i>Write positive messages on the sidewalk</i>	<i>write a thank you note</i>

Instructions

To use this table use two dice:

1. Throw the two dice.
2. If you throw two sixes, 66, you can choose anything from the last column (or throw again and choose one of the numbers from the dice from the last column).
3. If there are two options from your throw, you may choose either option.
e.g. 43 or 34.

Maybe have a competition with your family or a group of friends?

If you wish to leave a Pay it Forward Card with all your Acts, you could use the table above on the understanding that the tip 34 in the centre of the table is a useful piece of advice, not money!

For more tables see:

<https://aamazingphoenix.wordpress.com/2024/01/18/plan-for-random-acts-of-kindness-day-on-17-february/>



Pay it forward (An Acrostic)

Pay it forward every day

Always do this come what may

Yesterday's a day away

It's not my way or the highway

Today or any other day

Feign not ignorance frayed I say

Okay to ask for help today

Raise your hopes I always pray

Weigh not the cost without dismay

Allay your fears without delay

Relay our gratefulness I pray

Day by day by day by day

Alan Grace

16 December 2021

(modified 20 January 2024)

All the Best, Alan Grace