



# Kindness CHECKLIST



We challenge you to use this checklist for a week to cultivate kindness in your home, at work and in your community. Choose at least 3 items from each list and **have fun!**

Please help inspire others to do something nice by sending us photos of what you did or emailing a note to [lisa@ripplekindness.org](mailto:lisa@ripplekindness.org).

## Kindness to others

- ♡ Compliment someone
- ♡ Hug someone
- ♡ Give blood or become an organ donor
- ♡ Donate unwanted goods to charity
- ♡ Put a nice note in someone's lunch box
- ♡ Help an elderly neighbour with their chores
- ♡ Babysit for someone or give a carer a break
- ♡ Return someone's shopping trolley/cart
- ♡ Thank someone for their service
- ♡ Surprise someone by mowing their lawn
- ♡ Call someone you haven't spoken to in a while
- ♡ Clean your partner or parent's car
- ♡ Wave a car into the traffic

## Low cost Kindness

- ♡ Give a treat to the cashier
- ♡ Buy coffee for the next person in line
- ♡ Make a care pack for a homeless person
- ♡ Pay for someone's bus or train ticket
- ♡ Put money on a school or work lunch account
- ♡ Leave a coin in a lolly/candy machine
- ♡ Sneak a lotto ticket in someone's bag
- ♡ Drop some coins in the park for kids to find
- ♡ Feed an expired parking meter
- ♡ Leave a treat on a colleague's desk
- ♡ Buy a homeless person a meal
- ♡ Leave money and popcorn on a movie machine
- ♡ Pay for someone who's short at the checkout

## Kindness to yourself

- ♡ Take a yoga class
- ♡ Go for a walk
- ♡ Get out in the garden
- ♡ Do something you've been putting off
- ♡ Have a soak in the tub
- ♡ Make a list of all your positive attributes
- ♡ Drink extra water
- ♡ Catch up with a friend for a chat
- ♡ Forgive someone who's hurt you
- ♡ Go to bed early with a good book
- ♡ Start a gratitude journal
- ♡ Get a massage, manicure or pedicure
- ♡ Take up meditation or mindfulness

## Kindness with Kids

- ♡ Read a book together
- ♡ Bake a cake for someone and take it over
- ♡ Hand out flowers or leave on windscreens
- ♡ Walk the dog together
- ♡ Pick up rubbish/litter in a park
- ♡ Skype someone you miss who's far away
- ♡ Visit someone in a nursing home
- ♡ Make a thank you card for your teacher
- ♡ Feed an expired parking meter
- ♡ Invite friends for dinner and make it together
- ♡ Decorate stones with positive messages
- ♡ Try a mindfulness activity
- ♡ Wash someone's car together