



# 22 RANDOM ACTS OF KINDNESS IN 2022

The end of the year can be stressful, and if there was ever a time to be kind, it's right now! Below, we've rounded up 22 Days of feel-good ideas to inspire your whole family for the last 22 days of 2022!

<b>FAMILY SECTION</b>	Leave a dollar on a vending machine	Hold a door for someone, or a few people at a time	Give a friendly Fast Pass – let the person in line behind you skip ahead	Mail a letter to a friend	Lend a helping hand to someone juggling too much
	Sign up to volunteer with a local non-profit organization	Post a positive review (and then a few more)	DON'T post a negative review	Restock the Royersford ColorBot or a nearby Little Library	Pay for a stranger's meal
	Offer to carpool kids for a neighbor or friend	<b>SELF KINDNESS BONUS: Give yourself a 10-minute Do Nothing timeout</b>	<b>SELF KINDNESS BONUS: Start a gratitude list for 2023</b>	<b>SELF KINDNESS BONUS: Give yourself 10-minutes of active movement</b>	Tell your teacher(s) why you appreciate them
Leave encouraging sidewalk chalk art messages	Write a thank you letter to your front office staff, school custodian and lunch team	Sit with someone new at lunch	Do the dishes every night for a week	Tell someone how much you care about them	<b>KID SECTION</b>
Say only positive things for an entire day	Offer to help make dinner	Return stray grocery carts to the cart corral	Sincerely compliment five people you don't know well	Give a friendly Fast Pass – let the person in line behind you skip ahead	