

Enjoy a game night with friends or family



Write a thank you note to a police officer or fire fighter

Start a gratitude jar
(write down what you are grateful for each day)



Give an extra **BIG thanks** to your server at the end of your meal



Go on a walk with a friend or co-worker



Pay for the person behind you in the drive-thru line

An opportunity for our Nation as we celebrate 250 years!



Thank a local teacher



Donate to a Food Bank



Make something for someone who is sick or recovering



Say something kind to someone you've never spoken to before



Lend a helping hand to an elderly neighbor or family member



Write a thank you note to a Healthcare Hero



Visit a family-owned business or restaurant



Invite a friend or co-worker to lunch



2026 marks the 250th anniversary of the United States of America. Help us celebrate by completing 250 acts of kindness throughout 2026. Use the ideas on this challenge board and spread kindness far and wide.



Together, America is a Kind-land.

Learn more and print additional challenge boards at USofKindness.org

Kindland
JUST BE ♥ KIND

Share your kindness journey on social media
[@USofKindness](https://twitter.com/USofKindness) [#USofKindness](https://hashtage.com/USofKindness)

Pick up trash at a park



Leave a kind note for the mail carrier



Give someone flowers



Volunteer, donate, or give blood at The American Red Cross



Support your local animal shelter

Say thank you to someone who has made a difference in your life

