

# 30 ACTS OF KINDNESS IN THIRTY DAYS

LOVE YOUR NEIGHBOR

## OVER THE NEXT 30 DAYS, LET'S DEMONSTRATE LOVE AND KINDNESS THROUGHOUT OUR COMMUNITIES!

The challenge is to complete at least one act of kindness each day. Below, you'll find ideas— some that might cost you a few dollars, and others that will just take a few minutes of your time.

Encourage others to join in the challenge by sharing on your social media – tag Adrian First UMC and use hashtag [#loveyourneighbor](#)! Use these ideas, or come up with your own.

- Donate \$30 or 30 lbs. of food to a local food pantry.
- Rake your neighbor's yard.
- Host a clean-up party at a nearby park.
- Give a thank you treat to your mail carriers, delivery drivers and sanitation employees.
- Chalk a sidewalk with positive messages.
- Carry some \$5 coffee shop gift cards to hand out.
- Take a prayer walk in your neighborhood and pray for each house.
- Give a gift card to a drive-thru restaurant or store checkout employee – or just tell them they are awesome.
- Surprise a neighbor with freshly baked treats.
- Donate toys or craft supplies for activity bags at a local hospital.
- List 30 people and pray for one each day.
- Host a social-distanced outdoor neighborhood gathering.
- Leave a kind server the biggest tip you can afford.
- Email or write to a teacher who has made a difference in your life.
- Compliment the first 3 people you talk to today.
- Post something positive and encouraging on social media.
- Write a LinkedIn recommendation.
- Send a 'Thank You' card or treats to your local police or fire station.
- Donate blood.
- Tell someone under 30 the strengths you see in them.
- Purchase new socks and underwear and donate them to a shelter.
- Send encouraging text messages to 5 people.
- Attach a kind sticky note message to a mirror or car window.
- Purchase new or donate seasonal clothing to a clothing pantry.
- Donate packages of diapers and wipes to a local agency.
- Donate towels and blankets to an animal shelter.
- Buy coffee, tea or food for the person behind you in line or at a drive-thru.
- Know parents who could use a night out? Offer to babysit for free.
- Call a loved one or someone you haven't connected with for a while.
- Pray for government leaders; bless them with encouraging notes.