

# Intentional Acts of Kindness

Loving acts to do for others during the month of February

Compliment a stranger	Talk to a manager about great service provided by a staff member	Check in with friends we haven't spoken with in a while	Offer to help a neighbor with yard work	Make valentines to send to family members who live far away	Let people go in front of us in the checkout line	Anonymously give a grocery store gift card to a family that is struggling financially
Take a thank-you note and treats to the local police station or firehouse	Smile and thank our cashier at the grocery store	Donate gently used books to the Friends of the Library	Take a meal to a family with a young baby	Walk through our neighborhood and pick up litter	Say "thank you" to service members we see while out and about	Send encouragement notes for Daddy in his lunchbox
Take extra time to pray for missionaries we know who are serving around the world	Give a family member a backrub	Donate canned goods to the local foodbank	Leave a large tip for a waiter or waitress	Take a thank-you note and treats to the church office	Take cookies to our neighbors	Offer free babysitting for a friend
Donate new or gently used toys and clothes to a charity	Help a family member complete a chore	Share an inspirational or encouraging quote on social media	Take a meal to a family that has a spouse/parent serving overseas in the military	Send thank-you notes to government leaders	Make care packages for the homeless to carry with us in the van	Take a few minutes to encourage each member of the family