



KIND IDEAS to help you PAY IT FORWARD

- ☺ leave flowers on a windscreen ☺ help the elderly with their shopping ☺ leave a chocolate for the cashier
- ☺ pay for someone's meal ☺ visit someone in a nursing home ☺ buy coffee for the person behind you
- ☺ listen to and play with children ☺ give food or clothing to a homeless person ☺ clean someone's car
- ☺ become an organ donor ☺ clean someone's home ☺ help in a soup kitchen ☺ include people in your plans
- ☺ make someone's bed for them ☺ listen to someone ☺ say yes more often ☺ put a nice note in a lunch box
- ☺ babysit for someone ☺ give someone your unexpired parking ticket ☺ help someone with their homework
- ☺ take time to open the door for an elderly or disabled person ☺ smile at strangers in the street
- ☺ tell someone how much you love them ☺ cook someone a meal ☺ share something with someone
- ☺ leave flowers on someone's doorstep ☺ mend a broken relationship ☺ give someone time to study
- ☺ check on someone you know is having a rough time ☺ do some work for someone without charging
- ☺ return stray shopping trolleys when you return your own ☺ allow your staff to leave an hour early
- ☺ pay for food items someone doesn't have enough money for ☺ acknowledge people who deserve to be
- ☺ make cheer up cards and deliver them to a hospital ☺ let someone go ahead of you at the checkout
- ☺ compliment staff on their good work ☺ walk someone's dog ☺ give a flower to everyone you see
- ☺ talk to someone who looks lonely ☺ appreciate people's efforts without criticizing ☺ give blood
- ☺ make someone breakfast ☺ say please and thank you ☺ pick something up for someone ☺ give a warm hug
- ☺ volunteer at an animal shelter ☺ write positive notes and stick them around the house ☺ give a compliment
- ☺ ask an elderly neighbour if they need assistance around their home ☺ talk to someone in a lift
- ☺ leave home baked biscuits on desks at work ☺ drop off toys, blankets and clothing to a homeless shelter
- ☺ picnic with friends and leave the area tidier than when you arrived ☺ pay for someone's road toll
- ☺ invite your neighbours to a BBQ ☺ give a busy mum a break ☺ pay for the someone's bus or train ticket
- ☺ feed an expired parking meter ☺ when shopping, pick up things that have fallen off shelves or hangers
- ☺ put change in vending machines ☺ wave at children in cars ☺ contribute to a child's school lunch account
- ☺ put a Ripple Kindness Card in a library book before you return it ☺ bake a cake for someone
- ☺ spend time on the floor to see the world from a child's level ☺ leave bubbles in a park for children to find
- ☺ share unwanted books with friends ☺ help elderly people put groceries in their car and return their trolley
- ☺ keep an eye on your neighbours home while they're away ☺ tape some change to a pay phone
- ☺ mow your neighbours nature strip when mowing your lawn ☺ tell someone they look nice
- ☺ buy a movie ticket for the person behind you ☺ drop some coins where children can easily find them
- ☺ convert loyalty points to gift cards and give to someone in need ☺ send a card or gift to our troops
- ☺ offer to take a group photo so everyone can be in the picture ☺ volunteer at a non-profit organization
- ☺ give up your seat to someone who needs it more ☺ take unwanted toys or games to a children's hospital
- ☺ call or send a card to let someone know you're thinking of them ☺ don't partake in gossip
- ☺ adopt a pet from a shelter ☺ make extras to share when you're cooking, baking, preserving
- ☺ take flowers to a hospital ward and give to someone who has none ☺ help out at a local school
- ☺ create a book of memories for someone special ☺ take someone out who doesn't drive
- ☺ push a small gift and a kindness card through your post office box for the mail sorter
- ☺ share produce from your garden with neighbours ☺ pay for someone's petrol ☺ stand up for someone
- ☺ share your umbrella on a rainy day ☺ encourage people to follow their dreams ☺ help with a fundraiser
- ☺ have a "pay it forward" birthday party where you and your guests perform acts of kindness
- ☺ when someone wants to repay you for something, ask them to pay it forward instead ☺ be kind to everyone

Don't forget to give a Ripple Kindness Card to remind others to pass your kindness on!

Get your FREE cards at www.ripplekindness.org