

ACTS OF KINDNESS TO DO WITH \$20



1. HELPING PEOPLE MEET BASIC NEEDS

- Buy groceries or meals for someone in need
- Prepare and donate meals, sandwiches, or baked goods to shelters or organizations
- Make and donate hygiene/toiletry kits
- Buy and donate clothing, coats, blankets, or essential items
- Purchase and donate baby supplies (diapers, wipes, food)
- Provide meals to organizations that accept meals for individuals in need



2. SUPPORTING FAMILIES IN CRISIS OR HARDSHIP

- Help families dealing with illness, loss, or financial struggle with meals, gifts, or care packages
- Give gift cards or financial assistance to someone in need
- Create comfort baskets or care packages for grieving or struggling families
- Do something thoughtful for a friend, neighbor, or community member going through a tough time



3. PAYING IT FORWARD KINDNESS

- Pay for someone else's meal, groceries, or order
- Leave an extra or generous tip for a service worker
- Surprise someone by covering a cost they can't afford
- Give money anonymously with a kind note



4. APPRECIATING ESSENTIAL WORKERS & COMMUNITY HELPERS

- Thank police officers, firefighters, healthcare workers, postal workers, soldiers, veterans, etc. with notes, treats, or gifts
- Create appreciation bags or snack carts for workers
- Write thank-you letters or cards
- Organize or participate in appreciation efforts



5. SUPPORTING STUDENTS & SCHOOLS

- Donate school supplies, books, or educational materials
- Pay off student expenses, such as lunch balances or library fines
- Support teachers and school staff with treats, supplies, or appreciation gifts
- Contribute to school events or student programs



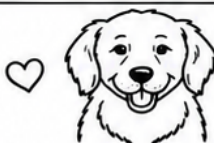
6. SPREADING KINDNESS IN THE COMMUNITY

- Hand out flowers, food, or small gifts to strangers
- Leave positive notes, bookmarks, or small surprises in public places
- Create and distribute inspirational cards or messages
- Do random acts of kindness in your community



7. SUPPORTING CHILDREN IN HOSPITALS, SHELTERS & PROGRAMS

- Donate toys, books, or games to children in need
- Create activity kits, craft kits, or comfort items
- Participate in holiday giving programs, such as Adopt-a-Family or toy drives
- Support children in hospitals or care facilities



8. CARING FOR ANIMALS & SUPPORTING SHELTERS

- Donate food, toys, blankets, or supplies to animal shelters
- Make homemade items for animals, such as toys, blankets, or treats
- Support rescue organizations or adoption efforts



9. SUPPORTING OLDER ADULTS & NURSING HOME RESIDENTS

- Visit or support older adults or nursing home residents
- Make cards, gifts, or care packages
- Provide items or activities to brighten their day



10. DONATING & FUNDRAISING

- Organize fundraisers (bake sales, drives, etc.)
- Support local or national nonprofit organizations



11. PROTECTING THE ENVIRONMENT & MAKING A GLOBAL IMPACT

- Support environmental causes (tree planting, conservation efforts)
- Donate to global aid or disaster relief organizations



12. CREATING HANDMADE GIFTS & ACTS OF KINDNESS

- Make blankets, hats, scarves, or other handmade items
- Create personalized gifts or care packages
- Use creative skills (art, sewing, crafting) to help others