



# #PUNKY MOMS GIVE HEART

## 49 Random acts Of Kindness to Honour The Pulse Nightclub Victims Spread Kindness & Love

- Leaving kind notes in random places for strangers (on the bus, in books in the library)
- Leaving spare change in/attached to a vending machine
- Buy a stranger a coffee
- Drop donations off at a food bank
- Leave positive feedback about staff in a local shop with a store manager
- Give away your parking spot
- Help someone pack their shopping/ get it to their car
- Give out flowers to passers by
- Seed bomb nearby wasteland
- Help with rubbish collection at your local beach or park
- Compliment someone
- Be kind to your server
- Take treats to the local emergency services/ fire station/A&E/emergency room
- Write a thank you card to someone
- Give a small gift to a neighbour
- Leave good reviews on social media for businesses that you use
- Donate old clothes/toys/books to a local charity shop
- Make something for someone that you know (or someone that you don't)
- Leave a tip at your local coffee shop
- Donate old towels and sheets to an animal shelter
- Let someone go in front of you in a line
- Donate old toys or books to a local children's hospital
- Send 3 people a positive message or compliment just because
- Plant a tree
- Stop and chat to a homeless person, maybe buy them a tea/coffee
- Visit and/or take flowers to a nursing home
- Volunteer to serve food to the homeless
- Bake someone a cake.
- Be polite on the road
- Pick up trash around a park
- Walk dogs at a shelter
- Donate to Zebra Coalition
- Collect children's books & toys for a shelter
- Donate to your local LGBTQ+ Charity
- Pay for someone's purchase in line in front of you
- Shop Local & Independent
- Organize an event with friends creating period packs and drop it at a homeless shelter
- Eat meatless for 5 days
- Gift a reusable grocery bag filled with environmentally cleaning supplies to a sceptic
- Organize a guerrilla book drive and drop the collected books at a local abused women's shelter, homeless shelter or daycare.
- Buy an extra bag of groceries at the store and take them to a shelter
- Switch to Paperless Mail
- Give blood
- Sign up to be an organ donor
- Post a positive story on your wall
- Tell someone you love how important they are to you
- Leave positive feedback at a business
- Collect old used blankets, towels and sheets and drop them at an animal shelter
- See a parent with their hands full or struggling whilst out? Ask them if they need a hand.