

25 random acts of kindness ideas



1. Bake cookies for a senior
2. Leave letters of encouragement
3. Do a favor without asking for anything in return
4. Snap a photo of a senior in the moment
5. Plan a surprise meal for a senior
6. Write a kind or encouraging message on a napkin
7. Lend a senior a favorite book/movie
8. Take a senior to see the sunset
9. Feed the birds in the park
10. Color a page from a coloring book and give it as a gift
11. Surprise a senior by playing a favorite song
12. Paint and give it to a senior
13. Make and send a handmade card

14. Post sticky notes with uplifting messages around the house
15. Make origamis and present them as gifts
16. Tell a senior what you admire about them
17. Create a book of memories for someone special
18. Thank someone that you appreciate
19. Schedule a video chat or phone call to brighten their day
20. Listen to a senior reminiscing the "good old days"
21. Surprise a senior by singing or dancing to a favorite song
22. Write a poem and give it as a gift
23. Bring coffee from your favorite coffee shop
24. Frame a senior's favorite quote or lyric and give it to them
25. Decorate for an unexpected holiday like Valentine's Day or St. Patrick's Day