

52 Acts of Compassion for 2015 from JudyLeeDunn.com

1. Smile at a child in the grocery store checkout line.
2. At the post office counter, leave a bag of goodies with a note attached on the counter for the next customer to “find.”
3. Choose a person or family in a restaurant where you are eating and anonymously pay their bill.
4. Write a letter to the manager of a store where you got exceptional customer service.
5. Find someone on Facebook who is your polar opposite politically and find a point of agreement.
6. Pick one day to post only positive messages on Facebook.
7. Visit a museum exhibit or art gallery.
8. Purchase 10 books and contribute them to an elementary school library.
9. Become a mentor to a child.
10. Vote.
11. Participate in a neighborhood cleanup.
12. Shovel your neighbor’s sidewalk.
13. Send a hand- or typewritten letter to your parent.
14. Turn off the TV; read a book.
15. Choose a block on a downtown street and feed coins into meters that are expiring.
16. Pick three people you follow on Twitter and tweet why.
17. Let someone in who is trying to merge into the street from a parking lot.
18. Give your seat on the bus or subway to an elderly person or a parent with a small child.
19. Collect unused toiletries from hotel stays and give them to a shelter or food bank.
20. Open the door for someone.
21. After someone has unloaded their groceries in their car, offer to take their cart back.
22. When tearing off a bag for your vegetables at the market and someone is waiting, give them yours.
23. Complement a stranger whose child is well-behaved and polite.
24. Make someone who is frustrated laugh.
25. Give your parking spot to someone else.
26. Bake a cake for a neighbor you don’t know well.
27. Call a grandparent.
28. Donate cat or dog food that will be given to senior citizens on fixed incomes who have pets.
29. Leave flowers at a hospital nurse’s station and ask nurses to give them to patients who get no visitors.
30. If someone has been especially quiet on social media, send a message and ask if everything is okay.
31. Leave a tip that is more generous than you normally leave.
32. Donate blood.
33. Leave a few coins in the tray after purchasing a snack from a vending machine.
34. Leave a tip for the garbage collector.
35. Make eye contact with a handicapped person and give them a big smile.
36. Bring treats to your local fire or police station.
37. Put up a bird feeder.
38. Pay someone’s toll.
39. Write a letter to someone who made a difference in your life.
40. Try to understand other points of view.
41. Pick up your neighbor’s emptied trash can and return it for them.
42. Ask an immigrant family about their culture.
43. Teach your children to put themselves in other people’s shoes.
44. Adopt a shelter pet.
45. Write an inspirational blog post.
46. Say “Good morning” or give a compliment to a stranger in an elevator.
47. Say “I love you” to someone you love.
48. Say “I’m sorry” when you are wrong—and don’t gloat when you are right.
49. Help your child write a letter of appreciation to a teacher, police officer, or firefighter.
50. Mail cards to patients in nursing homes.
51. Ask a local senior center if you can come in and teach a craft.
52. If you donate a coat to a clothing drive, write a small note and put it in the pocket for the recipient to find.