

Be Kind.

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1. Go for a walk and spend an hour “volunteering” tidying up your street – or any street!
2. Bring a bouquet or tiny plant to a parking or bridge toll worker you see on your commute
3. Create a thank you poem for your recycling collectors and tape it to the lid of the bin
4. Bring flowers and a kind note to night shift hospital workers
5. Offer a parking meter attendant a high-five thanking them for doing their job
6. Proactively do a menial task that’s part of someone else’s job – and don’t tell them
7. Wipe down the sink and counter, pick up trash in the bathroom for the next person
8. Write a positive Yelp review of a service that might not get enough credit their kindness
9. Pay it forward in line at the coffee shop, the movie theater, grocery store, anywhere!
10. Tell someone you love them – and why
11. Hold the door open – for more than one person!
12. Create and drop off thank you cards for your local DMV office workers
13. Buy a tad bit more fresh produce at the market or local store and bring it to a neighbor
14. Send your grandparent, parent, spouse, or children a thank you note, just because
15. Practice road kindness: use your turn signal ahead of every turn you make
16. Make a point to first smile with everyone you encounter throughout the day
17. Send a smiley heart-filled text or a care package to a friend you haven’t seen in a long time
18. Sit somewhere different at lunch or in a meeting – changing perspective unites us all!
19. Bring AM coffee and treats to your local shelter, fire station, or police department
20. Look in the mirror and tell that amazing person to have a great day!
21. *...tell us in comments on social media what YOU are doing to develop the kindness habit. We'll pick one of yours and take it on!*



All of us **taking care of** all of us

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