November 13 is World Kindness Day.

Every act of kindness creates a ripple...

Here are 30 ideas to create your own. See how far even one small act can go.

1. Text the first person who pops into your mind and let them know you're thinking of them.
2. Send someone a message that simply says, "You make the world a little brighter!".
3. Send someone three emojis that describe what makes them wonderful.
4. Think of a happy memory with someone and send them a quick "Remember when...?" message.
5. Send someone a song that reminds you of them and tell them why.
6. Start a spontaneous 30-second dance party for someone who could use a bright spot in their day. Dancing optional–music, clapping, or cheering welcome!
7. Deliver an unexpected dose of sunshine to someone you know–a joke, compliment, or ridiculously enthusiastic greeting!
8. Send a funny GIF, tell a joke, or make a goofy face for someone who enjoys a laugh.
9. Turn the next ordinary moment into a little surprise. Offer to help, share an encouraging word, or make someone smile!
10. Tell someone what you think their secret superpower is.
11. Give someone a genuine, unexpected compliment.
12. Invent a silly, sweet award for someone and announce their win. "Best Laugh," "Most Thoughtful Human," or "World's Greatest Encourager!".
13. Tell someone why you're glad they're part of your world.
14. Give someone a ridiculously enthusiastic cheer for a tiny victory. Bonus points for jazz hands!
15. Hum, sing, or share a few seconds of a happy tune with someone who'd enjoy it. Instant mood boost!
16. Go undercover! Do one small helpful thing in a shared space without announcing it.
17. Catch someone being kind and tell them you noticed.
18. Thank someone for something they do that often goes unnoticed.
19. Spot one tiny task that needs doing and take care of it. Future-you or someone else will thank you!
20. Give someone a high five, fist bump, enthusiastic wave, or virtual celebration.
21. Look around and spot three beautiful things hiding in plain sight.
22. Name three things you're grateful for right this second.
23. Ask someone what made them smile today, then really listen.
24. Tell someone about a moment when their kindness made a difference to you.
25. Think of a kind moment from your past and take ten seconds to appreciate how it made you feel.
26. Give yourself a compliment out loud or in your head.
27. Take one minute to do something that helps you feel calm, happy, or refreshed.
28. A Moment to Shine! Ask someone about something they're excited about and give them your full attention.
29. Name one way you make the world a little kinder.
30. Give yourself permission to let go of one small expectation today.

RANDOM ACTS OF KINDNESS FOUNDATION®

www.randomactsofkindness.org/world-kindness-day