



Plant a tree at school	Call a parent just to compliment their child	Compliment a coworker to your boss
Buy dessert for the table near you	Ask a new teacher what you can do to help them today	Thank a custodian
Clean something that normally someone else cleans	Post a positive message about someone on social media	Host a flash can drive and donate the money to a local cause
Buy donuts for your colleagues	Leave someone the biggest tip your educator salary can afford	Email a former student to tell them you are proud of them
Invite a new staff member into your conversation	Write your partner a list of things you love about him or her	Buy the meal or coffee for the person behind you in line
Use dry erase markers to write affirmations on the bathroom mirrors	Smile and say hello to a stranger	Babysit someone's child or fur baby for free
Give away some stuff on Craigslist	Call a family member just because or to tell them why you appreciate them	Let someone behind you jump ahead in the grocery line
Send anonymous flowers to someone at school	Make a crockpot meal to leave in the staff lounge	Recommend a good book to someone
Write a thank you letter to one of your former teachers or mentors	Donate those clothes you still haven't worn	Put your phone out of sight and be present in a conversation
Pay off a student's lunch debt anonymously	Ask a substitute teacher what you can do to help him or her today	Cover a colleague's class when they are out unexpectedly
Compliment your boss	Put an anonymous affirmation on a student's locker or desk	Pay the toll bus or train fare for the person behind you
Make dinner for someone who is having a busy week or phase of life	Clean up some litter	Attend a student's athletic event hobby or performance
Return someone else's grocery cart for them	Put a few dollars in an envelope and write "If you need this keep it otherwise add to it and pass it on"	Tell a student why you're grateful to have them in your class school
Volunteer at a local soup kitchen Bonus points if you get students or coworkers to join you	Register to be on the bone marrow transplant registry	Leave a student's favorite treat on his/her desk before class starts
Repost a friend co worker or student's blog	Give everyone coming down the hallway a high five	Buy a unique cool sticker for someone from Redbubble.com
Write an affirmation on a colleague's board before he or she gets to work	Let your colleague cut ahead of you to make copies	Offer to help a colleague grade some assignments
Ask your boss what you can do to help him or her today	Throw some extra change in the vending machine for someone else to use	Apologize to someone who you wronged
Donate a personal day to a coworker who just had a baby or medical need	Volunteer for recess lunch or bus duty to relieve a coworker	Offer to buy a kid's art project
Buy a book for a student or colleague that you know they will love	Place a thank you note in a colleague's mailbox	Invite a student to eat lunch with you
Buy give the new teacher the supplies that you know you forgot to get your first year	Help someone carry their heavy bags	Organize a DonorsChoose.org project for a colleague
Donate blood Bonus points if you get someone to join you	Post online something you love about your school	Mix up a big batch of hot chocolate to give out to strangers or students on a cold day or lemonade on a hot day
Write a recommendation letter for a student without being asked	Pull a student aside to tell them how much you've noticed their resilience or another great character trait	Call a friend you haven't talked to in a long time
Leave a thank you note or gift card for your mail provider	Put an anonymous affirmation in a colleague's mailbox	Restock the staff coffee bar with the best stuff you can afford
Clean out the refrigerator in the staff lounge	Have your students come up with a conspiracy for a colleague	Post a good review online for a business you frequent
Box up half your dine out meal in advance and give it to someone in need	Clean the snow and ice off of someone else's car	Send a care package to someone serving overseas

