

# Acts of Kindness for October

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| <input type="checkbox"/> Compliment a stranger               | <input type="checkbox"/> Buy local instead of from a larger retailer |
| <input type="checkbox"/> Buy a cup of coffee for someone     | <input type="checkbox"/> Treat yourself to something special         |
| <input type="checkbox"/> Bake someone a sweet treat          | <input type="checkbox"/> Lend a hand to a parent in need             |
| <input type="checkbox"/> Make someone a handmade gift        | <input type="checkbox"/> Leave a generous tip                        |
| <input type="checkbox"/> Paint a kind message on a pumpkin   | <input type="checkbox"/> Let someone checkout before you             |
| <input type="checkbox"/> Feed the birds                      | <input type="checkbox"/> Tell someone why you love them              |
| <input type="checkbox"/> Gift someone a book you love        | <input type="checkbox"/> Devote technology free time to someone      |
| <input type="checkbox"/> Send someone a card                 | <input type="checkbox"/> Send anonymous flowers to someone           |
| <input type="checkbox"/> Leave change at a vending machine   | <input type="checkbox"/> Give someone a "just because" hug           |
| <input type="checkbox"/> Donate something to someone in need | <input type="checkbox"/> Call an old friend                          |
| <input type="checkbox"/> Pick up trash in your community     | <input type="checkbox"/> Offer to run an errand for someone          |
| <input type="checkbox"/> Make a meal for a loved one         | <input type="checkbox"/> Compliment yourself                         |
| <input type="checkbox"/> Rake leaves for a neighbor          | <input type="checkbox"/> Send a note of appreciation to someone      |
| <input type="checkbox"/> Donate a coat                       | <input type="checkbox"/> Smile at someone for no reason              |
| <input type="checkbox"/> Hold open the door for someone      | <input type="checkbox"/> Reach out to someone new                    |