

150 ACTS OF KINDNESS

1. Adopt a grandparent
2. Adopt a pet
3. Anonymously pay for someone's dinner
4. Attend a sibling's award ceremony, recital, etc.
5. Attend language lunches on campus to meet new people
6. Bake desserts for coworkers
7. Be kind to yourself
8. Become a pen pal with a community member
9. Bring a friend to a program on campus
10. Bring an extra homemade lunch with you and give it away
11. Bring an extra umbrella when it rains and lend it to someone
12. Bring back vacation souvenirs for friends and family
13. Buy an engraved brick and dedicate it to an alumnus
14. Buy extra test supplies and give it to people in your class
15. Call an alumni and ask them about their favorite Shepherd memory
16. Call elderly family members just because
17. Call someone and ask about their day
18. Carry someone's heavy bags
19. Check in on an elderly neighbor
20. Clean up a local park
21. Coach a youth sports team
22. Collect school supplies and donate it to local kids in need
23. Coordinate a clothing swap
24. Coordinate a community clean-up day
25. Cover someone's shift at work
26. Deliver meals to senior citizens
27. Do a chore for a roommate or family member
28. Donate blankets to cancer patients
29. Donate blood
30. Donate books to a free little library
31. Donate coloring books to a children's hospital
32. Donate food to the Ram Pantry
33. Donate gift cards to shelters
34. Donate old phones or computers to people in need
35. Donate old textbooks to new students
36. Donate outgrown clothes to a charity
37. Donate professional clothes to people in need to wear for job interviews
38. Donate supplies to the homeless shelter
39. Donate to a cause for your birthday
40. Donate to the Shepherd University Last Dollar Fund
41. Donate to the Thankful to be a Ram Campaign
42. Donate your hair
43. Encourage people to register for Relay For Life on campus

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44. Endorse a friend's skills on LinkedIn
45. Get to know five new people in your residence hall
46. Give a stranger a compliment
47. Give free music lessons
48. Give someone a coupon you don't plan to use
49. Give someone a meal swipe
50. Give someone your seat on the EPTA bus
51. Go to a local restaurant and leave \$10 for someone's bill
52. Grow plants and give them away for free
53. Grow produce and donate it to a soup kitchen
54. Help a family member run errands
55. Help a friend move
56. Help someone prepare for a class presentation
57. Help someone prepare for a job interview
58. Hold the door open for people
59. Hold the elevator for people
60. Host a coat drive for people in need
61. Host a surprise game night for your friends
62. Host a virtual fundraiser and donate the proceeds to a philanthropy of your choice
63. Introduce two friends who have things in common
64. Invite a family member to a sporting event
65. Invite a friend to an organization meeting
66. Invite a new friend to hang out at the Game Zone
67. Invite a survivor or caregiver to participate in SU Relay For Life
68. Invite an alumnus to campus for lunch
69. Learn CPR
70. Learn names and use it when you greet people
71. Leave a large tip at a restaurant
72. Leave kind messages on social media posts
73. Leave money at a vending machine
74. Leave notes of encouragement around your residence hall
75. Leave random kindness letters around town
76. Lend a good book to someone
77. Let someone be seated at a restaurant before you
78. Let someone go ahead of you in line
79. Let someone have your parking spot
80. Make a gift to Shepherd University in honor of a student or alumni
81. Make a homemade gift for a relative
82. Make a meal and deliver it to a homeless shelter
83. Make birthday boxes for children's hospitals or senior citizens
84. Make dog treats for a local shelter (call before and ask!)
85. Make hygiene kits for people in need
86. Make meal bags for kids in need

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87. Make someone laugh
88. Make toys for local animal shelters
89. Mentor new Shepherd students
90. Nominate a friend for an award
91. Nominate a friend to be on JC's Royal Court
92. Nominate someone for Shepherd's Finest Under Forty
93. Nominate someone for the Phenomenal Womxn Award
94. Nominate someone to be the Outstanding Alumni of the Year
95. Offer a ride to someone
96. Offer to do yardwork for a neighbor
97. Offer to make a sick friend or family member a meal
98. Offer to study with a classmate
99. Offer to take someone's picture at the Ram Statue
100. Offer to watch your friends favorite show with them
101. Order a pizza and have it delivered to a friend
102. Participate in a 5k for a good cause
103. Pay for someone's parking meter
104. Pet sit for someone
105. Pick up litter
106. Plant a tree
107. Purchase a Relay For Life luminaria and dedicate it to someone
108. Read to kids virtually
109. Recommend someone you know to a leadership role they would be good at
110. Reconnect with an old friend
111. Recycle
112. Register to be an organ donor
113. Return someone's cart at the store
114. Send a card to a soldier
115. Send a friend \$5 for coffee
116. Send a professor words of appreciation
117. Send a Remarkable Ram Card
118. Send someone flowers
119. Share a friend's fundraiser on social media
120. Share a podcast with someone
121. Share a recipe with someone who would like it
122. Share a smile
123. Share an overheard compliment
124. Share an uplifting song with someone
125. Share why you are proud to be a Ram
126. Sit with someone new at lunch
127. Stop and let someone cross the street when you're driving
128. Support a local business
129. Teach computer skills to senior citizens
130. Teach someone a sport
131. Text someone words of encouragement
132. Thank a campus service worker
133. Throw a friend or family member a birthday party
134. Treat others how you want to be treated

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135. Turn items in to the lost and found at the Student Center
136. Turn off your phone while spending time with others
137. Tutor students
138. Use your talents to host a free concert or performance on campus
139. Use your voice to advocate for others
140. Volunteer at a service event on campus
141. Volunteer at Tabler Farm
142. Volunteer at your community center
143. Volunteer to raise a service dog
144. Volunteer to register people to vote
145. Walk dogs for free in your neighborhood
146. Wash someone's car
147. Write a letter to a former teacher
148. Write a positive review online
149. Write an appreciation card to your coworkers and friends
150. Write letters to veterans