



OVER THE NEXT 30 DAYS, LET'S COME TOGETHER TO DEMONSTRATE LOVE AND KINDNESS THROUGHOUT OUR COMMUNITIES!

We encourage you to complete at least one act of kindness each day and invite others to join by sharing on your social media – tag University Christian Church and use hashtag #loveyourneighbor! Use these ideas, or come up with your own.

1. Send a handwritten note to a neighbor or friend expressing appreciation
2. Buy a coffee for the person behind you in line
3. Bake cookies or treats and share them with your neighbors
4. Donate blood to a local blood bank
5. Offer to babysit for a friend or neighbor who needs a break
6. Share a favorite book with a friend or donate it to a community library
7. Offer a ride to someone who doesn't have transportation
8. Leave a kind note on a co-worker's desk or a neighbor's door
9. Listen to someone who needs to talk, offering empathy without judgment
10. Write a thank-you letter to a teacher, healthcare worker, or public servant
11. Share a social media post that promotes kindness, understanding, and unity
12. Call a Friend: Reach out to someone you haven't talked to in a while
13. Donate pet food or supplies to a local animal shelter
14. Volunteer at a local homeless shelter or ministry
15. Give a thank you treat to your mail carriers, delivery drivers and sanitation employees
16. Carry some \$5 coffee shop gift cards to hand out
17. Take a prayer walk in your neighborhood and pray for each house
18. Rake your neighbor's yard
19. Donate toys or craft supplies for activity bags at a local hospital
20. Make a list of 30 people and pray for one each day
21. Leave a server the biggest tip you can afford
22. Email or write to a teacher who has made a difference in your life
23. Send a 'Thank You' card or treats to your local police or fire station
24. Purchase new socks and underwear and donate them to a shelter
25. Attach a kind sticky note message to a mirror or car window
26. Purchase new or donate seasonal clothing to a clothing pantry
27. Donate packages of diapers and wipes to a local agency
28. Help someone with their trash carts
29. Surprise a family with meal or breakfast goodies
30. Offer to walk a neighbor's dog, or to pet-sit