

70 ACTS OF Kindness

Join United Way of Kennebec Valley for its 70th anniversary celebration by participating in doing 70 Acts of Kindness! If you would like to share your Acts of Kindness, please send photos and captions to MTibbetts@uwkv.org! The UWKV team would love to see the amazing things you do!

- Donate new or gently used winter gear to a homeless shelter
- Clean up a local park or pick up trash in your neighborhood
- Hand write a thoughtful note to someone
- Shop at a local business
- Hold the door for someone
- Check on an old friend you haven't talked to in a while
- Babysit for a friend or family member
- Send a card or care package to someone in the military
- Donate Blood
- Help your neighbor with yardwork
- Write a letter for Incredible Kids' Day (Mar. 20)
- Deliver a sweet treat to your local fire station
- Use reusable bags
- Plant a tree
- Leave a generous tip
- Do something new for yourself
- Acknowledge Nurses Day
- Write Mother's Day cards for local nursing home residents
- Write Father's Day cards for local nursing home residents
- Volunteer to help at a food pantry
- Share a post on social media from your favorite local charity
- Volunteer at a local animal shelter
- Pick up trash in your local park
- Write a letter to seniors in senior care facilities
- Bake a treat for your neighbor
- Volunteer to read at the local library
- Collect blankets for the homeless shelter
- Collect pet food for local shelters
- Give back to a local food bank
- Create a Facebook page for neighbors to stay connected
- Collect 5 pairs of shoes to donate
- Leave 10 separate notes around town with words of encouragement
- Commit to recycling
- Hold a bake sale for your favorite charity
- Let a person in cut in front of you in line
- Conserve energy for the month
- Cook all your meals at home for a week
- Brainstorm ways to reduce waste in your home
- Walk/Bike if possible
- Pay for the person in front you
- Donate recreation toys to a school
- Sweep off your neighbor's porch
- Donate 10 books or magazines
- Volunteer at United Way's Day of Caring event
- Write letters for sick kids
- Make a donation envelope and put money in it every week
- Volunteer at a community garden
- Visit a local senior center and volunteer to read/play games
- Offer to walk a dog/dog sit
- Volunteer to coach a youth sports team
- Volunteer to chaperone a school event or field trip
- Donate extra school supplies
- Host or participate in a local car wash
- Bring a meal/dessert to your local police or fire station
- Donate socks
- Become an organ donor
- Donate old eye glasses
- Repost 10 non-profit organizations on your social media
- Offer to pick up groceries or mail for your elderly neighbor
- Commit to carpooling for a week with a coworker or friend
- Teach a senior friend how to use their computer, Internet, smartphone
- Post 5 things you are grateful for on Facebook
- Donate items to a homeless shelter
- Make care bags for kids who need food on the weekends
- Collect stuffed animals to give to local organizations
- Make hygiene kits for the homeless (combs, toothbrushes, shampoo, etc.)
- Put up a bird feeder in your backyard/porch
- Become a mentor for a young person
- Start a book club in your area
- Take a course in first aid or CPR

Want to keep going? Here are some more ideas!

- Tell a custodian or service worker that you appreciate them
- Offer to help carry out someone's groceries for them
- Volunteer to shelve books at the library
- Donate popsicles to a sports team
- Bring snacks for teachers at school
- Write a note to the local principal thanking them for all they do
- Collect a box of canned goods for the food pantry
- Collect aluminum cans for a month and donate proceeds
- Make a meal for a family in need
- Do a birthday fundraiser for a charity
- Create a video about someone you are proud of and post it on social media
- Mow your neighbor's lawn
- Recycle old electronic devices instead of throwing them away
- Gather 5 suitcases/backpacks to give to social services for kids to travel with
- Tutor children in after-school programs
- Volunteer at local shelters
- Distribute a list of crisis hotline information to neighborhoods
- Donate to your favorite charity
- Volunteer for your favorite charity

LEARN MORE ABOUT THE CELEBRATION AT UWKV.ORG/70TH-ANNIVERSARY

