Do...

RAK
random acts of kindness

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Leave a positive post-it note on someone’s desk to brighten their day.

Hide post-it notes with kind messages in places that people will find them (refrigerator, supply cabinet, copy machine area, magazines, break room) to remind them how awesome they are.

Tell someone to have a good day.

Offer to help a co-worker on a work project or workload.

Buy a co-worker lunch for the day.

Thank your boss and tell them they are awesome.

Help make a pot of coffee for the office.

Compliment a stranger.
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Say “thank you” to a co-worker for helping you in something they have done for you.

Smile and say good morning to someone in the parking lot.

Offer assistance if someone looks lost in parking lot or unsure where to go.

Leave an anonymous note for your supervisor about one thing you appreciate or are thankful of them.

Write down an appreciation note for a co-worker and leave on his/her chair.

Tell a co-worker how much they are appreciated.

Ask someone to take a 10 minute walk with you.

Tell someone a corny/cheesy joke.
Do... RAK random acts of kindness
Send someone a motivational card.

Leave a nice note.

Welcome employees or guests at work.

Let someone go first.

Thank the janitor or leave a note.

Open a door for someone else.

Bring a co-worker some fruit.

Pay for a stranger’s coffee.
SMILE!

Pay it forward.

Say “hello.”

Encourage others to take time for themselves.

Offer a helping hand.

Bring someone a treat.

Hold the elevator!

Thank your bus driver.
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Hold the door for someone.

Ask someone if they want you to bring them back coffee or tea on your break.

Bring back lunch for someone who cannot leave the office.

Bring in some healthy food items to share with your team with a thankful note.

Let someone know how much you appreciate them.

If someone drops something, pick it up for them.

Text an old friend.

Genuinely greet and inquire about how someone’s day is going.
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Do...
If you see a person who needs assistance, stop and help them out.

Use your manners, even if you don’t want to.

Offer to empty other’s trash bin.

If you see someone that looks worried or sad, offer them or ask them if you can help them somehow.

Help out a less fortunate person today.

Say “hello” to a stranger while crossing the crosswalk.

Offer to buy a co-worker a cup of “joe”.

Offer assistance in any capacity.
Compliment someone’s outfit.

Say “good morning” to someone you don’t know.

Clean-up the break room.

Give a co-worker something to brighten up their office.

Give someone a compliment.

Leave an anonymous note of thanks or a compliment.

Be kinder on the road.

Give to a charity.
Volunteer for a weekend work event.

Beautify/organize a common area.

Wash someone’s dishes that are left in the sink.

Greet a stranger in the parking lot or hallway with a smile and a cheery “good morning.”

Share local activities/events.

Make spa water for the conference room.

Make a homemade treat and share it with a co-worker.

Ask how a co-worker’s family is doing.
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Help someone carry something (to their car/up the stairs).

Acknowledge someone’s good work during a meeting.

Bring co-worker their copies to their desk.

Children writing thank you cards to Deputies/Public Safety.

Have lunch with a co-worker you don’t usually eat with.

Offer to wipe down someone’s desk for them.

Write a thank you note for someone.

Bosses recognizing workers for their hard work.
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Pick-up phone calls during shifts.

Pay the bus fare for someone behind you.

Throw an extra tip in the Tip Jar.

Pay it forward between teams.

Give a compliment to someone else’s boss about them.

Write a letter (pen and paper) and mail it!

Throw some change in an expired meter.

Organize a gift basket for another dept/shift. Pay it forward between teams.

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Organize a gift basket for another dept/shift. Pay it forward between teams.
Welcome person in the lobby.

Help someone carry or load their groceries in the car.

Organize lunchtime walks.

Offer a Friday afternoon trash run.