

Make a Bucket List

RANDOM ACTS OF KINDNESS

BUCKET LIST



- 1. Compliment a Stranger**
Brighten someone's day with kind words.
- 2. Let Someone Cut in Front of You**
Give them your place in line.
- 3. Buy the Person Behind you a Coffee**
Treat a stranger to a warm drink.
- 4. Pick Up Litter**
Clean up a park or your local area.
- 5. Do Someone a Favour**
Help with a lift, shopping, or anything they need.
- 6. Give Your Seat Up**
Offer your seat on public transport.
- 7. Offer to Take a Picture**
Capture their memories.
- 8. Accept and Give Yourself Compliments**
Be kind to you—inside and out.
- 9. Support a Local Business**
Shop local and leave a good review.
- 10. Hold a Door**
Let kindness open the way.
- 11. Make a Playlist of Music**
Share songs that mean something.
- 12. Give a Lost Stranger Directions**
Help them find their way.
- 13. Donate to a Meaningful Cause**
Give to something you care about.
- 14. Give Someone a Hug**
A warm hug can mean so much.
- 15. Bring in a Treat for Colleagues**
Share something sweet.
- 16. Send Flowers for No Reason**
Brighten their day with blooms.
- 17. Run an Errand or Chore**
Make life a little easier.
- 18. Thank a Teacher**
Show gratitude for their impact.
- 19. Buy Someone a Souvenir**
Bring a little joy from your travels.
- 20. Reconnect With an Old Friend**
Reach out and catch up.
- 21. Send a Letter to Your Best Friend**
Let them know how much they mean to you.
- 22. Babysit for Free**
Give parents a well-deserved break.
- 23. Put a Nice Comment on Social Media**
Spread positivity online.
- 24. Let Someone into Your Lane**
Make their drive a little easier.
- 25. Share a Positive Post**
Share good news and inspiration.
- 26. Buy a Plant for a Friend**
A thoughtful gift that grows.
- 27. Really Listen**
Give someone your full attention.
- 28. Put Your Phone Away**
Be present with loved ones.
- 29. Donate to an Animal Shelter**
Help furry friends in need.
- 30. Help Someone with Their Shopping**
Carry bags to their car.
- 31. Donate a Book**
Share stories and knowledge.
- 32. Pay for Someone Else's Meal**
Feed a friend—or a stranger.
- 33. Make Someone Laugh**
Laughter is the best medicine.
- 34. Make and Send a Handmade Card**
Add a personal, heartfelt touch.
- 35. Share Your Umbrella**
Offer shelter on rainy days.
- 36. Drop Off a Care Kit**
Help those in need.
- 37. Make a Self-Care Package**
Send comfort and care.
- 38. Buy a Round of Drinks**
Treat the bar—or your friends!
- 39. Do a Chore Your Partner Hates**
A loving act at home.
- 40. Donate to a Food Bank**
Help feed someone in need.
- 41. Return a Stray Trolley**
A small act for everyone.
- 42. Bring Extras on a Day Out**
Snacks, toiletries, or anything helpful.
- 43. Spend Time With Family**
Give the gift of time.
- 44. Help a Friend Try Something New**
Encourage their dreams.
- 45. Praise a Colleague or Boss**
Kind words make a difference.
- 46. Knit or Sew for Charity**
Use your skills to help others.
- 47. Write and Hide a Love Note**
A sweet surprise for your beloved.
- 48. Bring Breakfast in Bed**
Start their day with love.
- 49. Leave Money in a Vending Machine**
A small gift for the next person.
- 50. Donate Your Clothes**
Give your clothes a new life.
- 51. Talk to the Shy Person**
Make them feel included.
- 52. Help a Friend Pack or Unpack**
Make moving or travel easier.
- 53. Help a Friend Get Active**
Support their health journey.
- 54. Talk to Someone Who is Homeless**
A chat can mean the world.
- 55. Share a Family Recipe**
Share love through food.

