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# KIDS

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## Random Acts of Kindness

Research has shown that performing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested. We challenge you to find one wholly unexpected kind act to do — and simply do it!

1. Decorate the inside of your mailbox, so your mail carriers smile every time they open it.
2. Record a video love-note and text it to grandparents.
3. Leave a note and candy or microwave popcorn on a DVD rental machine.
4. Help someone load their groceries into their car.
5. Go outside when the garbage truck comes and wave your little hearts out.
6. Tape change to a parking meter, or run around looking for any that are about to expire and buy the driver more time!
7. Dry the slides at the park after it rains.
8. Take in a neighbor's trashcans—or the whole street of them!
9. Take your child's teacher a box of tissues or a bottle of hand sanitizer.
10. Bury treasure at the playground. A piece of Tupperware filled with small toys or goodies is sure to light up a child's eyes sometime in the future.
11. Sponsor a child. Your monthly contribution covers medical and school fees, healthy food, and more. You can also send and receive letters from your child, which makes the experience much more real for children and adults alike.

