



**Join in • Reach out
Make a difference!**
MILL WOODS UNITED CHURCH

Random Acts of Kindness for Lent 2019

1. Bake cookies for an elderly person
2. Visit someone in need
3. Pick up garbage and dispose of it
4. Insert coins into someone's expired parking meter
5. Open the door for others
6. Give a person in line at a store a compliment.
7. Buy flowers and hand out to random people
8. Smile at strangers and say Hi
9. Babysit for free
10. Write someone a letter
11. Send a thank you card
12. Hold the elevator for someone
13. Offer to do someone else's chores
14. Shovel snow for someone
15. Tell a joke to everyone you meet for one day
16. Share a funny story with someone
17. Share a favourite book with someone.
18. Share a piece of your history that no-one knows
19. Be vulnerable about something to a friend
20. Buy a mug or glass from Goodwill and fill with jelly beans or chocolate to gift someone
21. Pay for a student's lunch
22. Write a silly poem and share it
23. Put a loving note in a child's or spouses lunch
24. Give a compliment to a waiter
25. Give a tip to a service person that typically doesn't get one
26. Post a funny joke on social media
27. Donate clothes to the clothing bank
28. Sing happy birthday to a birthday celebrant
29. Bake something special and share it
30. Give yourself a big hug
31. Visit your grandparents
32. Call someone who has lost someone special and share with them a memorable story about that person.
33. Support a charity
34. Pay for someone's morning coffee
35. Save your pop tabs for a charity
36. Play an instrument or sing a song for someone
37. Ask how people are and then really listen without comment or judgment
38. Offer a ride to someone
39. Share a hidden talent with someone
40. Be excited about little things like a child
41. Take a momentous picture of a friend and have it developed
42. Give away things you don't need or want anymore (preferably nice things)
43. Participate in a fundraiser
44. Compliment friends on social media
45. Call your Council member and thank them for something good they have done
46. Call your MP and thank them for their hard work
47. Use the phone instead of texting for one day or more
48. Invite someone to watch a movie with you and make popcorn
49. Have an impromptu friends/game night
50. Jump for joy



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In support of our Truth and Reconciliation journey, here some other things for you to consider.

1. Attend an Indigenous cultural event, such as a pow wow
2. Download an Indigenous podcast
3. Eat at an Indigenous restaurant, café, or food truck
4. Educate yourself around the issue of carding and consider why this is an important issue for urban Indigenous populations
5. Find a book about Indigenous local histories
6. Initiate a conversation with a friend about an Indigenous issue in the news
7. Learn a greeting in a local Indigenous language
8. Learn how Indigenous people use local native plants
9. Learn the difference between the words Indigenous, Aboriginal, First Nation, Métis, and Inuit
10. Learn your family history. Know where your ancestors came from and when they arrived in Canada
11. Listen to Indigenous music. If you do not know of any, listen to CBC's podcast Reclaimed
12. Purchase an item from an Indigenous artist
13. Read an autobiography written by an Indigenous person
14. Register for the University of Alberta's free online MOOC, called "Indigenous Canada"
15. Show your support on social media. 'Like' pages and share posts that support Indigenous endeavours.
16. Visit the Indigenous exhibits at the Royal Alberta Museum.

Have fun!