

100 ACTS OF Kindness

Join United Way of West Florida in their 100th Anniversary celebration by participating in doing 100 Acts of Kindness. Use #100Ways and #UWWFL100th and @UWWFL to share your Acts of Kindness on socials! The UWWFL 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
- Deliver a sweet treat to your local fire station
- Use reusable bags
- Plant a tree
- Leave a generous tip
- Do something new for yourself
- Donate to Stamp Out Hunger
- Acknowledge Nurse's 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
- Collect school supplies and donate during a United Way Stuff the Bus event
- 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
- Raise donations for the local community shelter
- Collect 5 pairs of shoes to donate
- Leave 10 separate notes around town with words of encouragement
- Commit to recycling for a week
- 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 your local United Ways 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
- Cut out and donate 10 Box Tops
- 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
- Sponsor a section of roadway to clean up with "Adopt a Mile"
- 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 that need food on the weekends
- Collect stuffed animals to give to local organizations

- Make hygiene kits for the homeless (combs, toothbrushes, shampoo, etc.)
- Assist 5 people in registering to vote
- Put up a bird feeder in your backyard/porch
- Participate in a marathon for charity
- Become a mentor for a young person
- Start a book club in your area
- Take a course in first aid or CPR
- Write a note to a teacher that made an impact on your life
- 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
- Collect cat/dog food for a local animal shelter
- 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
- Paint over graffiti in your neighborhood
- Distribute a list of crisis hotline information to neighborhoods
- Create a Facebook page for neighbors to stay connected
- Donate to your favorite charity
- Volunteer for your favorite charity
- Encourage a friend to volunteer
- Share a post on social media from your favorite local charity

LEARN MORE ABOUT THE CELEBRATION AT UWWF.ORG/100TH

