



Greater Richmond (VA)
Trauma-Informed Community Network

JOIN THE GREATER RICHMOND TICN IN SHARING

21 ACTS OF KINDNESS JANUARY 24-30, 2021

Ideas for Acts of Kindness Towards Yourself:

- Take a walk outside
- Watch a TV show that you enjoy
- Learn something new and share it with others
- Go to bed an hour early
- Treat yourself to something relaxing
- Snuggle with your pet
- Cook or order your favorite meal
- Make a list of your hopes/dreams/goals
- Get 30 min of exercise

Ideas for Acts of Kindness Towards Friends & Family:

- Do something special for a friend/family member
- Host a virtual get together
- Send a letter to a friend or family-member
- Read to someone over Zoom or the phone
- Send someone their favorite snack just because
- Do something helpful for a friend or family-member
- Call a distant friend/relative and catch up
- Send someone a book or playlist you think they'd enjoy
- Do a chore that your friend/family-member usually does
- Write a list of things you love about your friend/family-member and share it with them

**Share pictures and stories at [#21ActsofKindnessVA](#)
& post on the [ACEs Connection GRTICN Community](#)**



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Ideas for Acts of Kindness Towards Coworkers:

- Compliment those around you
- Send positive emails to coworkers thanking them for their work
- Ask people how they are and listen to their answers
- Invite your coworkers to a virtual happy hour
- Leave encouraging notes around the office
- Start meetings with a "shout out" to one or two employees
- Make a new colleague feel welcome
- Recognize when someone is struggling and offer support or help

Ideas for Acts of Kindness Towards Your Community:

- Place uplifting/encouraging kindness rocks notes around
- Shop local to support locally owned businesses
- Leave a positive review for a local business
- Carry around loose change to put in tip jars
- Write positive messages with sidewalk chalk
- Leave change in the vending machine
- Let someone go ahead of you in the checkout line
- Collect litter on the street
- Tip more than you normally would
- Smile and make eye-contact with others
- Thank a teacher, doctor, nurse, first responder, etc.

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