



# The Kindness Jar

Take cold water bottles  
to the garbage men.

Pay the toll for the car behind you.

Stick a treat in the mailbox  
for your mail carrier.

When you are in the drive-thru line  
at a fast food place or coffee store,  
pay the bill of the person  
in the car behind you.

Put a happy note in  
between the pages  
of a library book.

Take treats to the firefighters.

Add money to  
someone's parking meter.

Buy a balloon for a small child  
in the grocery store.

Buy a box of granola bars  
and keep them in your car to  
pass out to homeless friends.

Let someone go ahead  
of you in a long line.

# the kindness antennae

## KINDNESS JAR CARDS (11-20)

Compliment a stranger.

Leave an extra big tip on the table  
for your server at a restaurant.

Donate gently used toys and  
clothes to nearby thrift stores  
or preschool classrooms.

Attach some quarters with tape  
to the coin vending machines at  
the mall or grocery store.

Visit a shut-in or a nursing home.

Leave pennies around a fountain.

Hold the door for someone today.

Go through the drive-thru lane  
at the bank and send the teller a treat  
or encouraging note through  
the vacuum system.

Ask if you can pay off someone's  
book fines at the library.

Hide dollar bills randomly around  
the dollar store toy section.



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KINDNESS JAR CARDS (21-30)

Return your shopping cart  
to the store instead of  
leaving it in the parking lot.

Do something kind for your  
pastor and his family (take a meal,  
send a card in the mail, etc.).

Write a letter to a company  
that makes a product you enjoy.

Bring in your neighbor's trashcans.

Take a serving of what you made  
for dinner to the widow in your church.

Dong Dong Ditch a box of  
diapers to a new mom.

Compliment the manager at a  
store on one of his/her employees.

Draw sweet messages with chalk on  
their driveway or sidewalk that say,  
"We love having you as neighbors!  
Thanks for being the best!"

Pray for soldiers and veterans.  
Make them a card or put  
together a care package.

Order a pizza for another family  
and have it delivered to their house.

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KINDNESS JAR CARDS (31-40)

Do some chores while listening to worship music.

Call a friend or family member and tell him/her that Jesus loves them.

Have a Family Dance Party.

Hide a love note somewhere in the house for someone to find!

Bring a treat to a Sunday School teacher.

Say something kind to the person sitting next to you.

Take a meal to someone who needs it.

Make up a song to Ephesians 4:32 (NIV),  
"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Draw a picture for someone.

Say thank you to someone today.