

# DO THE DEED .ORG



## ONE ACT OF KINDNESS CREATES A RIPPLE THAT SPREADS AND GROWS

**FLIP SOMEONE THE PEACE SIGN** SMILE AT A STRANGER, BUT ANYTHING OVER 30 SECONDS IS CREEPY  
**HELP AN ELDERLY PERSON ACROSS THE STREET, OR A HOT BLONDE, WHICHEVER** **SEE RED, GIVE BLOOD**  
**DONATE CLOTHES TO GOODWILL, AND NOT JUST THE EMBARRASSING CRAP YOU WORE IN THE '70S**  
**BE AS NICE TO YOUR FAMILY AS YOU ARE TO YOUR BUDS** GALLANTLY GIVE AN ELDER YOUR SEAT  
**DOLE OUT SWEET COMPLIMENTS LIKE CANDY** **TAKE ACTION WHEN YOU SEE AN ANIMAL IN NEED**  
**BRING COOKIES TO WORK, OR IF YOU'RE IN ONE OF "THOSE" OFFICES, SOMETHING HEALTHY**  
**PUT A BUN IN THE OVEN, BAKE SOMEONE A LOAF OF BREAD** CALL YOUR MOTHER, AND LISTEN  
**SAY PLEASE AND THANK YOU, A LOT** **PUT THE LID DOWN, YOUR MAMA TAUGHT YOU BETTER**  
**PICK UP TRASH, EVEN IF IT ISN'T YOURS** WRITE A FORMER TEACHER, NO MISSPELLINGS, PLEASE  
**SCOOP THE POOP WHEN WALKING YOUR DOG** **GIVE PARENTS A BREAK, BABYSIT**  
**LEAVE THE WAITER A LITTLE EXTRA** PASS ALONG STUFF THAT'S WEIGHING YOU DOWN ANYWAY  
**HOLD THE ELEVATOR FOR SOMEONE, IT'S A GREAT OPPORTUNITY TO PRACTICE YOUR YODELING**  
**INVITE SOMEONE TO CUT IN FRONT OF YOU** **GIVE SOMETHING ANONYMOUSLY AND TELL NO ONE**  
**SOME LIKE IT HOT, TAKE THEM SOME SOUP** PRAISE A WORKER WHO GAVE YOU GREAT SERVICE  
**SHOVEL A SHUT-IN'S WALK** **STICK IT TO THE MAN AND PUT A QUARTER IN AN EXPIRED PARKING METER**

## BE THE GOOD VIBE YOU WANT IN THE WORLD

Join in the fun. Do nice little things for others – and prompt them to pay the kindness forward. Check out our website – [DoTheDeed.org](http://DoTheDeed.org). See what others are doing. Vote on your favorite simple acts.

Submit your own deeds. Upload photos and videos. Find out how you can even track your efforts. We have a kit you can download to get started. Add a little joy. One deed at a time.