Simple Acts of Service Examples

Be sure to post your photos and stories on social media using hashtag #HFUserves

Tip someone you wouldn't ordinarily tip	Hold the door open for someone	Give someone an inspiring book	Offer to babysit for someone	Give something away on Craigslist
Pick up trash that you see	Thank your mail carrier for their hard work	Tell your parents how much you love and appreciate them	Write someone a thank you note	Do not gossip about anyone the entire day
Say thank you to a service worker at your work, school, or gym	Smile at someone random	Put your phone away when in the company of others and do not keep checking it	Make a donation to a worthy cause (any amount, no matter how small)	Call your grandparents to chat
Make 2 lunches instead of 1 and give one away at work or school	Drop off cat or dog food at an animal shelter as they are always in need	Frame a friend's favorite quote or lyric and give it to them	Stop to talk to a homeless person	Put positive sticky notes in places where others will see them and be uplifted
Place a happy or positive sign in your front yard	Be patient, kind and gracious to the customer rep on the phone	Pay the toll for the driver behind you	Give someone a ride in your car	Give someone a thoughtful gift (it does not have to be expensive)
Send someone an email just to say hello	Buy someone a cup of coffee	Thank your garbage collectors, leave them a nice note	Call a friend or family member for no reason other than to chat	Tell a police officer or front-line worker how much you appreciate their service
Help retrieve your neighbor's garbage can from the curb after collection	Compliment a parent with polite and well-behaved kids	Leave only positive comments and responses on social media	Share a friend's blog, business website or art on social media	Leave a box of tennis balls at the park with a sign that they are for dog owners to play fetch with their dogs
Offer that old cell phone, laptop, TV, or computer to someone in need	Place a positive or happy sign or sticker on your car so that is visible to other drivers	Donate to someone or something on Kiva, Kickstarter or GoFundMe	Donate blood	Give up your place in line at the bank, grocery store, etc.
Pay for someone else's meal anonymously at a restaurant	Pay someone a genuine and heartfelt compliment	Drop-off personal hygiene items or diapers at a local shelter	Send flowers to someone, just because	Do not correct someone, especially in public, even if you know they are wrong
Keep an extra umbrella in your car to lend someone in the event of rain	Let someone cut in in traffic	Do not complain about anything the entire day	Plant a tree or a plant	Take your grocery cart back to the store after you are done
Cook or buy some food for someone	Forgive someone who wronged you in the past	Give up a parking space to someone and park further away	Donate old clothes and stuff you do not need	Bake cookies or a cake for someone
Take the time to listen to someone attentively rather than monopolize the conversation	Say a prayer for someone you pass on a bus stop, crossing a street or walking by you.	Send a heartfelt smile to someone you encounter.	Send love to someone driving dangerously	Compliment someone on something that you admire.

These are just examples! What other ways will you spread kindness and serve? Let us know at service@holyfamily.edu