FIFE HOUSE KINDNESS CHALLENGE

#FifeHouseKindnessChallenge #LeadWithLove

Suggested List of 100 Acts of Kindness

Thank you for taking a stand against stigma and discrimination by joining the Fife House Kindness Challenge.

To assist you in completing the challenge, here's a list of 100 acts of kindness that you can do. We encourage you to personalize the challenges to make it more meaningful to you and others around you. Remember, acts of kindness doesn't have to be grand or expensive. No matter how large or small, every act of kindness fuels a collective movement that spreads joy, compassion and positive change - which can be contagious and inspire others to do the same.

We encourage you to share – on social media – a photo or even a brief message about the act of kindness that you have completed, each time that you complete one. This helps to raise awareness about the challenge, and encourage your family and friends to support you by making a donation. Be sure to include the hashtags #FifeHouseKindnessChallenge and #LeadWithLove. In a world where stigma, discrimination, negativity, and toxicity is clogging social media, let's turn the dial on hateful rhetoric by taking back social media and filling it with photos and messages of love and positivity instead.

Everyday, Simple but Powerful Acts of Kindness

1. Hold the door open for someone
2. Give a sincere compliment to someone
3. Let someone go ahead of you in line
4. Say thank you—to a service worker, cashier, teacher, or healthcare provider
5. Return a stray shopping cart
6. Offer your seat to someone who needs it
7. Pick up litter in your neighbourhood
8. Help someone carry heavy bags
9. Leave a generous tip
10. Say hello or smile at a stranger

Thoughtful Gestures

11. Write a thank-you note to someone who's impacted your life
12. Send a care package to a friend or elder
13. Bring coffee or snacks to your workplace or local shelter
14. Leave a positive review for a small business
15. Post something uplifting on social media

16. Call or video chat with someone you haven't talked to in a while
17. Send flowers to someone for no reason
18. Leave sticky notes with kind messages in public places
19. Bake treats and share them with neighbours
20. Give someone a book you love

Supporting Your Community

21. Donate clothes, shoes, or winter gear
22. Drop off unused toiletries at a shelter
23. Create a care kit for someone experiencing homelessness
24. Volunteer for a local charity or food bank
25. Offer free tutoring or resume help
26. Host a clothing swap or donation drive
27. Share housing or support resources with someone in need
28. Support a local HIV/AIDS organization
29. Visit a senior or write a letter to a senior home
30. Run errands for a neighbour who is sick or elderly

Acts of Allyship & Advocacy

31. Educate yourself about HIV/AIDS, and the challenges facing people living with HIV/AIDS
32. Learn about 2SLGBTQIA+ rights and issues
33. Share a social post that raises awareness or fights stigma
34. Attend a rally or community event for equality
35. Sign a petition that promotes inclusive policy
36. Correct someone who uses harmful language
37. Advocate for inclusive language at work or school
38. Support local, independent, queer or minority-owned businesses
39. Use your voice to stand up for someone facing discrimination
40. Write to your local councillor, MPP and MP, and ask them about what they are doing to support HIV prevention and care, HIV/AIDS organizations, and homelessness

Mental Wellness Acts

41. Practice kindness toward yourself
42. Unplug and spend intentional time with loved ones
43. Recommend a self-care routine that works for you
44. Check in with a friend who's struggling
45. Offer to listen—without giving advice
46. Share mental health resources with someone
47. Create a mental health care package for yourself or someone
48. Learn grounding techniques and teach them to others
49. Attend or share a mental health workshop or webinar

50. Help normalize therapy by speaking openly about it

Eco-Kindness

51. Plant a tree or community garden
52. Recycle properly or help someone else learn how
53. Start a compost bin or drop-off
54. Switch to reusable bags or containers
55. Walk or bike instead of driving for a day
56. Support sustainable businesses
57. Organize a park or beach cleanup
58. Donate to an environmental organization
59. Share eco-tips on social media
60. Repurpose or upcycle an item instead of throwing it out

Kindness to Animals

61. Donate pet food to an animal shelter
62. Volunteer at a local animal rescue
63. Foster a pet in need
64. Share an adoptable pet on your social feed
65. Leave water out for birds or animals on a hot day
66. Make homemade dog treats for a neighbour's pet
67. Walk a friend's dog
68. Collect used towels for a shelter
69. Support a wildlife protection group
70. Create bird feeders from recycled items

Acts of Expression

71. Write a blog post or op-ed about kindness or inclusion
72. Draw or paint something uplifting and share it
73. Record a video about your 100 Good Deeds journey
74. Write a poem or song and dedicate it to a cause
75. Create a public art piece or chalk message with positive words
76. Make kindness coupons and give them out
77. Share your own story to raise awareness
78. Make a collage or vision board that celebrates love and community
79. Journal about your good deeds and personal growth
80. Create a gratitude list and share it

Giving Back

81. Volunteer at your local or preferred charity
82. Donate your birthday or celebration to the cause
83. Ask for donations instead of gifts
84. Make a personal donation

85. Sponsor someone else's fundraising campaign
86. Offer a matching gift challenge
87. Host a virtual or in-person fundraiser (bake sale, trivia night, etc.)
88. Sell crafts or art to benefit a local cause
89. Donate loyalty points or credit card rewards to charity
90. Help someone else set up their fundraising page

Big Picture Good Deeds

91. Organize a community kindness day
92. Help someone find housing or support services
93. Translate resources for someone who doesn't speak English fluently
94. Mentor someone in your field
95. Host a free workshop or skill-share
96. Connect someone with a job lead
97. Create an inclusion guide for your workplace or school
98. Nominate someone for an award or recognition
99. Mediate a conflict with compassion
100. Challenge yourself to do **one unexpected act of kindness every day**—and inspire others to do the same

CONGRATULATIONS

ON ALL THE ACTS OF KINDNESS THAT YOU COMPLETED, AND THANK YOU FOR YOUR SUPPORT OF FIFE HOUSE, AND PEOPLE AND FAMILIES LIVING WITH HIV/AIDS