



# #ShareKindness as an individual

NBCUniversal is challenging both ourselves and the American people to #ShareKindness to close out 2016. Every day we see individuals going above and beyond in their day to day lives to be kind to one another, and we want to celebrate this kindness together. We also want to make a concerted effort to show kindness in this moment as we approach the holiday season and step away from a divisive election season.

Here are some ways you can #ShareKindness in your life:

## Simple:

- Take out your older neighbor's trash or recycling
- Buy an extra cup of coffee for the person behind you
- Bring a snack or a drink with you to give to a homeless person
- Walk dogs at your local animal shelter
- Buy a few extra gifts this holiday season and donate them to a family in need
- Surprise your coworkers with breakfast (who doesn't like donuts?)
- Write a thank you note to someone you know, thank them for who they are.
- Ask someone genuinely, "how is your day?" and listen to their answer.

## Go the extra mile:

- Spend quality time with someone without once checking your phone. Actually spend time with them and have face to face conversation
- Cook a meal for a significant someone in your life
- Donate your hair (Been thinking about doing something drastic to your hair? Donate the amount that would normally be thrown away)
- Go to a retirement home/nursing home and spend time with the elderly
- Listen to their stories (They may be able to give you life advice!)
- Adopt a pet, especially an older one

Doing something kind for someone? Give them a Kindness Card to encourage them to pass it on. Together we're creating a season of kindness, and we want it to spread far and wide!



- Give sincere compliments throughout your day
- Let someone go in front of you in line
- Be polite and patient on the road
- Give someone a hug (Ask first though!)
- Help someone who is lost
- Share your umbrella
- Give up your seat on public transportation
- Help your coworkers with a task
- Invite someone who you know will be alone during the holidays to your holiday parties/dinners
- Thank the driver of your bus or taxi (Talk to them!)
- Donate to a food bank (call beforehand and ask what they are in need of)
- Volunteer at a food bank

- Help transport a neighbor who can't drive
- Renew a friendship (pick up the phone and call or text a friend you haven't talked to in a while)
- Donate all the clothes you no longer wear
- Give care packages to the homeless
- Become an Organ Donor
- Adopt a Soldier and become pen pals
- Mentor a child in need through community programs like the United Way and Boys and Girls Clubs of America



**Nominate**  
an Act of Kindness

