

pay it

FORWARD
MAY



101 Ways to Pay It Forward

1. Give a stranger a compliment.
2. Encourage someone who needs it with words, a smile, or maybe a hug.
3. Let someone go in front of you at the supermarket.
4. Buy the next person in line a coffee.
5. Write a letter or an email to someone who made a difference in your life, telling them why.
6. Donate something anonymously to a person in need.
7. Clean your friend's house for him/her.
8. Invite a neighbour for coffee or a meal at your house.
9. Look after a busy parent's kid(s) for an hour.
10. Mow the lawn for someone who can't do it themselves.
11. Take someone else's dog for a walk.
12. Give money to a charity.
13. Visit a grandparent or older person you know in a nursing home.
14. Donate some food to your local food bank.
15. Tidy up a public space by picking up any garbage you see.
16. Leave coupons for the next person in the grocery line to use.
17. The next time you go away on a trip, bring home a souvenir from someone who won't expect it.
18. Take the time to fill out a survey that compliments someone who gave you good service.
19. Read a story to your children, even if you're busy and it isn't bedtime.
20. Bring a card for someone at your workplace, telling them how you appreciate their hard work.
21. Listen to someone tell a story and give them your full attention.
22. Make a music playlist for a friend.
23. Learn to say hello in a new language and practice on someone who speaks that language.
24. Send flowers to cheer someone up.
25. Reconnect with someone with whom you've lost touch.
26. Take time to say thank you to a parent or a child for being in your life.
27. Go through your closet and donate some good-quality clothes to a local charity.
28. Become a Big Brother or Big Sister to a child that would benefit from a mentor.
29. Bake muffins to share with neighbourhood children.
30. Give a really generous tip to your waiter / waitress.
31. Make a card to give to a friend.
32. Give your boss recognition for his / her hard work.
33. If you have a garden, give some fresh produce to someone who doesn't.
34. Do the dishes or load the dishwasher, even if it isn't your turn.
35. Volunteer to coach a kids' sports team.
36. Let someone else have your prime parking space.
37. Babysit for friends or relatives so they can enjoy a night out.
38. Sponsor a child from another country.
39. Smile and say hello to five strangers today.
40. Buy a reusable shopping bag for someone who has forgotten theirs.
41. Invite someone in the coffee shop to sit with you if they are on their own.
42. Let another child go first on the slide or swings in the playground.
43. Leave a positive comment on a website or blog.
44. Volunteer for a local organization.
45. The next time you're tempted to complain, find something positive to say instead.
46. Give out free popsicles at the park.
47. Visit someone in the hospital.
48. Read to an older person.
49. Take time to do a craft with children.
50. Welcome a new neighbour with some fresh baking.
51. Buy your co-worker lunch.



52. Give a ride to someone who doesn't have a car.
53. Support a local producer through your Farmer's Market.
54. Knit or sew something for a new baby.
55. Be the first to say "I'm sorry".
56. When you finish a good book, leave it for someone else.
57. Offer to pick up groceries for a neighbour.
58. Plant some tomatoes or herbs in pots and give them away.
59. Organize a toy drive and donate them to a local organization.
60. Say "yes" the next time someone asks you for help.
61. Give directions to someone who is lost.
62. Take your bike instead of the car and leave the air a little cleaner.
63. Have a lemonade or cookie stand to raise money for a good cause.
64. Help another child in your class with their homework.
65. Volunteer with the Special Olympics.
66. Bring a special treat to work for your co-workers.
67. Write a thank you note to someone who has done something kind.
68. Help someone load or unload their groceries.
69. Buy movie tickets for someone.
70. Find out about someone else's culture.
71. Volunteer at a community garden.
72. Help a stranger change their tire.
73. Let someone go ahead of you in traffic.
74. Go to watch a child you know in a play or performance, just to support them.
75. Plant a tree to shade future generations.
76. Say something nice about someone in public.
77. Put post-it notes with positive sayings on random lockers at school.
78. Deliver a meal to someone who is sick.
79. Say something complimentary about a child to his / her parents.
80. Donate a toy or game to a local children's centre.
81. Make a bird feeder and put it somewhere your neighbours will also enjoy it.
82. Give someone in your family a back rub when they're tired.
83. Give someone the benefit of the doubt next time something annoys you.
84. Be the first to forgive.
85. Wash someone else's car.
86. Share your snack with another child at school.
87. Volunteer to practice English with someone new in town.
88. Hold the door open for someone who has their hands full.
89. Organize a local park clean-up.
90. Plant some flowers in an empty lot.
91. Make a friendship bracelet for someone who needs a friend.
92. Donate food or time to a local school breakfast program.
93. Make a welcome home sign for someone who has been away.
94. Invite your neighbour's children over to play.
95. Give a child a book.
96. Give an older person a ride to church.
97. Support a local shop.
98. Donate blood.
99. On your birthday or other event, ask people to donate to a charity instead of buying a gift.
100. Tell someone how much you appreciate them.
101. Make a donation to the Winkler Community Foundation