



# 100 Socially Distant Acts of Love



1. Surprise a long-distance family member or friend with a phone call.
2. Print out some of your pictures from your phone and camera and share your recent favorite memories with the people in the photos.
3. Clean up your toys without being asked.
4. Send flowers to a nursing home.
5. Pick up litter in your neighborhood.
6. Leave a thank you note in your mailbox for your mail carrier.
7. Give a friend a compliment.
8. Leave change in the cart at Aldi.
9. Donate food to the food bank.
10. Give a compliment to someone who isn't expecting it.
11. Donate a book to a doctor's office.
12. Make your bed without being asked.
13. Write to a veteran and thank them.
14. Leave \$5 in a redbox return so a family gets surprise snack money.
15. Draw a picture and send it to a grandparent in the mail.
16. Leave fun notes in the lunchboxes of your family members.
17. Offer to help set the table and make dinner.
18. Keep a smile on your face all day.
19. Help a sibling do their chores.
20. Leave a dollar bill in the toy section of a dollar store.
21. Offer to take a neighbors' dog for a walk.
22. Make encouraging book marks and hide them in library books
23. Make a bird feeder and put it in your yard.
24. Pay for someone behind you at the drive through.
25. Go around the dinner table and tell each family member your favorite thing about them.
26. Ask your church or school if your family can do a special clean-up project.
27. Make a memory jar that family members can write down things they want to remember and open them up the next year.
28. Send dessert to another family at a restaurant.
29. Let someone go ahead of you in line.
30. Bring your teacher new school supplies.
31. Help a neighbor with yard work.
32. Tip someone extra.
33. Put away the electronics for a day and spend the day together as family.
34. Offer your work to Jesus today.
35. Say a prayer for the needs of the poor.
36. Sing a song of love to Jesus. You can make one up or choose one that you know like a hymn.
37. Animals are part of God's gift of creation. Do a kind deed to an animal or say a prayer for animals.
38. Using polite words such as "please," "thank you," "sir," and "ma'am" is an act of love and respect. Try to make a special effort to use these words and other polite words today.
39. Pray for other children in the world that they may come to know and love God.
40. Thank God for the food you have because He is the provider of all.
41. Read or tell a story to someone.
42. Make a special effort to do your very best in all you do today.
43. Make a thank you card for someone in your family.
44. Find a way to praise God today through song, writing, art, or prayer.
45. Find some way to show mercy to another person, perhaps by forgiving or helping that person.

46. Obedience to your parents is an act of love. Spend the entire day doing what your parents ask without questioning or arguing.
47. Help someone learn something new.
48. Ask God to help you learn all that He wants you to today.
49. Tell your family that you love them today either out loud or in writing.
50. Joy is one of the fruits of the spirit. Try to be joyful all day today and spread your joy to others.
51. Pray for world peace.
52. Say encouraging words to someone.
53. Make a get well card for someone you know that is sick.
54. An apology is an act of love. If you have hurt someone, say, "I'm sorry" to that person. Otherwise, apologize to God for anything you have done to offend Him.
55. Play a game or do something else fun with a sibling today with the intent to bless that person.
56. Listening to others is an act of love. Try to really listen with your whole mind and heart to everyone you speak to today.
57. Say a prayer for the sick that they may be healed by God.
58. Clean some part of the house today.
59. Laughter is a gift from God. Try to make someone laugh today.
60. Forgiveness is an act of love. Think of someone that you've been angry with and forgive him or her in your heart.
61. Go through your things and find something to donate.
62. Tell a joke.
63. Feed the birds.
64. Leave happy notes around town.
65. Put a small bin in your car to collect recycling.
66. Call your grandparents and ask them about their childhood.
67. Plant something.
68. Bury treasure at the playground.
69. Leave bubbles on someone's doorstep.
70. Tell someone why they are special to you.
71. Donate outgrown clothes.
72. Write chalk messages on the sidewalk.
73. Weed or shovel for a neighbor.
74. Bring flowers to your teacher. (If you are homeschooled- give them to your mom)
75. Tell a manager how good your service was.
76. Donate socks and supplies to the homeless shelter.
77. Give a lottery ticket to a stranger.
78. Call or text a friend you haven't seen in a while to say hello.
79. Take treats to the fire station.
80. Read a book to someone.
81. Leave heads up pennies on the sidewalk.
82. Tell someone how much you love them.
83. Make someone else's bed.
84. Wave at kids on school buses
85. Tell the principal how great your teacher is.
86. Donate a toy to Toys for Tots.
87. Bring your neighbors' garbage cans up for them.
88. Take care of someone's pet while they're away for free.
89. Tape a video message for faraway friends.
90. Leave kindness stones at the park.
91. Collect money or items for your favorite charity.
92. Donate coloring books and crayons to the children's hospital.
93. Dry the slides at the park with a towel after it rains.
94. Send a postcard to a friend.
95. Don't fight with your siblings.
96. Leave a small gift or note for a delivery driver.
97. Hug your parents, just because.
98. Sell items you no longer need and donate the profits.
99. Have a complain-free day.
100. Smile at everybody. It's contagious.