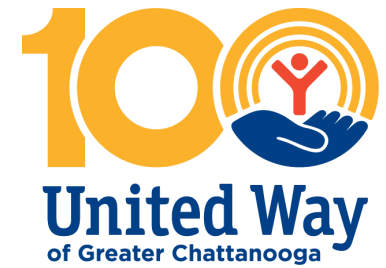


100 days. 100 ways.



1. Pick up 10 pieces of trash today
2. Donate 10 clothing items to a homeless shelter, social services, etc.
3. Volunteer to help at a food pantry
4. Collect school supplies and donate
5. Volunteer at a local animal shelter
6. Pick up trash in your local park
7. Call a loved one and tell them you appreciate them
8. Write a letter to seniors in senior care facilities
9. Bake a treat for your neighbor
10. Volunteer to read at the local library
11. Collect blankets for the homeless shelter
12. Hold the door open for the person in front of you
13. Leave a note for the mailman
14. Say thank you today.
15. Collect pet food for local shelters
16. Give grocery coupons to the local food bank
17. Raise donations for the local community shelter
18. Collect 5 pairs of shoes to donate
19. Leave 10 separate notes around town with words of encouragement
20. Commit to recycling for a week
21. Pick up trash in your neighborhood
22. Let a person in front of you in line (store, food, etc.)
23. Conserve energy for the month
24. Cook all your meals at home for a week
25. Brainstorm ways to reduce waste in your home
26. Walk/Bike if possible
27. Pay for the person in front of you at the drive-thru/counter
28. Donate recreation toys to a local school
29. Volunteer to be a crossing guard for a school
30. Sweep off your neighbor's porch
31. Donate 10 books or magazines
32. Volunteer at your local YMCA or recreation center
33. Write 5 letters for kids at the children's hospital
34. Make a donation envelope and put money in it every week
35. Send a letter or care package to a soldier
36. Volunteer at a community garden.
37. Visit a local senior center and volunteer to read/play games
38. Offer to walk a dog/dog sit
39. Volunteer to coach a youth sports team
40. Cut out and donate 10 BoxTops
41. Volunteer to chaperone a school event or field trip
42. Donate extra school supplies
43. Host or participate in a local car wash
44. Bring a meal/dessert to your local police or fire station
45. Sponsor a section of roadway to clean up with "Adopt a Mile"
46. Donate socks
47. Become an organ donor



48. Donate old eyeglass frames, sunglasses, glasses cases
49. Give gently used stuffed animals to your local fire department
50. Repost 10 non-profit organizations on your social media
51. Offer to pick up groceries or mail for your elderly neighbor
52. Commit to carpooling for a week with a coworker or friend
53. Teach a senior friend how to use their computer, Internet, smartphone
54. Make hygiene kits for the homeless (combs, toothbrushes, shampoo, etc.)
55. Assist 5 people in registering to vote
56. Put up a bird feeder in your backyard/porch
57. Participate in a marathon for charity
58. Become a mentor for a young person
59. Start a book club in your area
60. Take a course in first aid or CPR
61. Write a note to a teacher that made an impact on your life
62. Tell a custodian or service worker that you appreciate them
63. Offer to help carry out someone's groceries for them
64. Volunteer to shelve books at the library
65. Collect cat/dog food for a local animal shelter
66. Donate popsicles to a sports team
67. Bring snacks for teachers at school
68. Write a note to the local principal thanking them for all they do
69. Collect a box of canned goods for the food pantry
70. Give a homeless person \$5
71. Collect aluminum cans for a month and donate proceeds
72. Make a meal for a family in need
73. Start a GoFundMe for a charity of choice
74. Post 5 things you are grateful for on Facebook
75. Donate items to a homeless shelter
76. Make care bags for kids that need food on the weekends
77. Help babysit for a parent in need
78. Mow your neighbors lawn
79. Recycle old electronic devices instead of throwing them away
80. Collect stuffed animals to give to local organizations
81. Gather 5 suitcases/backpacks to give to social services for kids to travel with
82. Hold a bake sale for your favorite charity
83. Tutor children in after-school programs
84. Volunteer at local shelters
85. Paint over graffiti in your neighborhood
86. Distribute a list of crisis hotline information to neighborhoods
87. Create a Facebook page for neighbors to stay connected
88. Donate to your favorite charity
89. Volunteer for your favorite charity
90. Encourage a friend to volunteer
91. Contact your local shelter for needs and post the needs on social media for your friends to help out
92. Share a post on social media from your favorite local charity
93. Organize a donation drive with your book club
94. Organize a donation drive with your neighbors
95. Volunteer for local schools
96. Read books about giving/kindness to your children
97. Clean out your old books and start a neighborhood library box
98. Clean out your closet and donate shoes you haven't worn in a year
99. Plant a tree
100. Commit to conserving water in your home