



ONE BOSTON DAY ACTS OF KINDNESS CHECKLIST

- Thank your local first responders and medical professionals by dropping off coffee or baked goods.
- Support our local businesses and restaurants by shopping around and dining out.
- Host a community building event.
- Download the Boston 311 mobile app and help keep our city beautiful.
- Connect with your local food pantry via the Find Your Food Pantry initiative on Boston.gov.
- Call your local animal shelter and see what they need for donations.
- Call, visit, or check-in with an older Boston resident in your neighborhood.
- Support local artists and arts organizations by buying local artwork, uplifting local artists' work on social media, or snapping a photo of your favorite public art mural.
- Donate blood with the Red Cross.
- Support the LGBTQ+ community by volunteering for, or donating to, a local organization uplifting equity work.
- Donate to a local museum.
- Buy a cup of coffee or tea for a friend, neighbor, or someone in need.
- Thank a veteran for their service with a card.
- Call a loved one who has made an impact in your life.
- Donate to a Boston Marathon runner who is running for an important cause.
- Practice self-care by taking a mental health break: go for a stroll in a Boston park, curl up with a book from the Boston Public Library, or sign up for a free fitness class.
- Come up with your own idea to spread kindness on #OneBostonDay!