



# ONE BOSTON DAY ACTS OF KINDNESS CHECKLIST

- Donate to a Boston Marathon runner who is running for an important cause.
- Download the Boston 311 mobile app and help keep our city beautiful.
- Buy a cup of coffee or tea for a friend, neighbor, or someone in need.
- Call, visit, or check-in with an older Boston resident in your neighborhood.
- Support local businesses and restaurants by shopping around and dining out.
- Call your local animal shelter and see what you can do to support them.
- Recycle your old clothes and textiles at [boston.gov/textiles](https://www.boston.gov/textiles).
- Practice self care by enjoying one of Boston's many parks and open spaces.
- Donate blood with the Red Cross.
- Come up with your own idea to spread kindness on #OneBostonDay!