



Heartland United Way

ACTS OF LOCAL LOVE CALENDAR

ACT 1 Open a door for a stranger.	ACT 2 Pick up litter from a park, playground or public space.	ACT 3 Send a "hello" to a friend you haven't spoken to in a while.	ACT 4 Give someone a hug.	ACT 5 Talk to a neighbor.	ACT 6 Cook somebody a meal.
ACT 7 Send a note of gratitude to a teacher, health care worker, etc.	ACT 8 Put a "you are beautiful" sticky note on a bathroom mirror.	ACT 9 If you are in line, invite the person behind you to go first.	ACT 10 Thank someone for going the extra mile.	ACT 11 Put your phone away and spend time with someone.	ACT 12 Smile at a stranger.
ACT 13 Give an unexpected compliment.	ACT 14 Tell someone you love them. 	ACT 15 Rake leaves for a neighbor.	ACT 16 Share your meal, Share an idea. Share something!	ACT 17 Make a statement about a social issue you care about.	ACT 18 Make an effort to listen more than you speak.
ACT 19 Encourage someone.	ACT 20 WILDCARD! Create your own act of local love.	ACT 21 Forgive someone today.	ACT 22 Make a donation to your favorite charity.	ACT 23 Make somebody laugh today.	ACT 24 Do something kind for yourself.
ACT 25 Buy someone a coffee.	ACT 26 Sign up to volunteer at Go2Volunteer.org today.	ACT 27 Send someone you know a Thank You card in the mail.	ACT 28 Start a conversation with a stranger.	ACT 29 Help someone struggling with their grocery bags.	ACT 30 Bring flowers to a local nursing home.

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