4.15 boston day

Acts of Kindness

We challenge you to commit to doing at least **4** acts of kindness on the **15th**.

1. [Protect yourself and others](#) from COVID-19: Wear a mask in public, avoid gatherings, practice social distancing, wash your hands, get tested regularly, and get the vaccine when it is your turn.

2. Thank the first responders, medical professionals, school teachers and staff, grocery store workers, transit workers, and other frontline workers in your life. (Post to social media using #OneBostonDay or make a sign to hang in your window!)

3. [Donate to or volunteer](#) for an organization working on food access.

4. Support small businesses and local restaurants.

5. [Donate to pet supplies](#) through the Boston Animal Care and Control Shelter wish list.

6. Call an older Bostonian in your family or neighborhood and to check in and offer them assistance.

7. [Sign up as a volunteer](#) for Commonwealth of Massachusetts COVID-19 response efforts.

8. Support local artists and arts organizations. Consider buying local artwork, attending a virtual concerts or art class, following and sharing local artists' work on social media, hiring artists to do creative work, or [snapping a photo](#) of your favorite public art mural!

9. If you're healthy and feeling well, [make an appointment](#) to donate blood with the Red Cross.

10. [Sign up](#) for a Love Your Block neighborhood clean-up event.

11. Show some love to Boston's tourist attractions! Make a donation to your favorite museum, post a photo on social media of your favorite tourist attraction, or visit virtually or in-person following public health guidance.

12. [Thank a veteran](#) for their service with a card! The Office of Veterans Services will make sure your card gets to a veteran.

13. [Support](#) a Boston Marathon runner running for a cause this fall.

14. Show kindness to yourself and practice self-care. Take a mental health break and [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!

15. Come up with your own idea to spread kindness on #OneBostonDay!

Use **#OneBostonDay** to share your acts of kindness on social media!