

4.15  
boston  
day

## Acts of Kindness

We encourage you to try doing  
4 acts of kindness on the 15<sup>th</sup>.



- 1.** 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!)
- 2.** Support small businesses and local restaurants.
- 3.** Pay it forward and buy a cup of coffee or tea for a friend, neighbor or someone in need.
- 4.** [Donate to or volunteer for an organization working on food access.](#)
- 5.** [Donate pet supplies through the Boston Animal Care and Control Shelter wish list.](#)
- 6.** Social connections can make a difference! Call or visit an older Bostonian in your family or neighborhood. Spend some time together and offer them assistance if needed.
- 7.** Support local artists and arts organizations. Consider buying local artwork, attending a concert 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!](#)
- 8.** [If you're healthy and feeling well, make an appointment to donate blood with the Red Cross.](#)
- 9.** [Sign up to request a cleanup project](#) in your neighborhood this summer.
- 10.** 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.
- 11.** Support the LGBTQ+ community by volunteering for or donating to a local organization uplifting equity work.
- 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](#) who is running for an important cause or cheer from one of the [viewing areas](#) on the course.
- 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!