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!