



# 200 ACTS OF KINDNESS CHALLENGE

## #COWETA200

- Seek out a volunteer opportunity
- Donate to a food bank
- Leave a book at a Little Free Library
- Send a care package to a soldier
- Put your loose change in a tip jar at a local business
- Take a walk outside without your phone
- Help someone with directions
- Compliment at least 3 strangers
- Plant a flower, vegetable or fruit
- Set aside time for meditation or journaling
- Thank a Coweta County Sheriff Deputy
- Set the table for dinner
- Help someone change a tire
- Return stray carts at a grocery store
- Participate in a fundraiser for a good cause
- Donate unused books to a library or school
- Spend one day without complaining
- Purchase an item from a small business
- Write a thank you note to a local first responder
- Volunteer at a local food bank
- Donate a toy during a holiday toy drive
- Let someone merge in your lane
- Offer your seat to someone who needs it
- Thank a veteran
- Send a thoughtful letter to a soldier
- Repair instead of replace an item
- Support a charity you care about
- Hug a friend or a family member
- Make your bed before you start your day
- Pay for the person behind you in a drive-thru
- Write a LinkedIn recommendation for a colleague
- Surprise a friend with their favorite treat
- Leave snacks and drinks out for a delivery driver
- Tell your principal how great your teacher is
- Invite a friend for a walk
- Celebrate a small win with someone
- Start a gratitude journal
- Call a family member just to chat
- Teach someone a new skill
- Pick up litter from a park in Coweta County
- Become someone's workout buddy for a day
- Offer to tutor someone
- Deliver a meal to a family with a newborn
- Donate gently used clothes
- Thank someone for helping you
- Promote responsible pet ownership in your area
- Send a friend or family member a motivational text
- Help a friend study or prepare for a big test
- Ask someone how you can help them and do it
- Invite a friend for coffee
- Leave a non-perishable item in the Sheriff's Office Little Food Pantry
- Donate blood at a blood drive
- Recycle a plastic bottle
- Volunteer at your local animal shelter or rescue
- Participate in a 5k for a good cause
- Leave an encouraging note in a random place
- Send a friend a book, movie or show recommendation
- Smile and greet everyone you see for a day
- Offer to babysit for a friend or family member
- Call your mom or dad to say I love you
- Encourage others to do random acts of kindness
- Mentor a child or teenager in your community
- Bake cookies for a Coweta County Fire Station near you
- Thank a service worker
- Pay for someone's outstanding library fee
- Donate unused toys to your local daycare
- Practice patience in a stressful moment
- Pay for someone's outstanding lunch fee at a school
- Attend a Board of Commissioners meeting to learn about local gov. decisions
- Allow a pedestrian to cross a crosswalk in front of your car
- Leave a positive comment on a Newnan Times-Herald article
- Make and distribute hygiene kits for those in need
- Do your dishes before bed
- Donate dog food, leashes or towels to the Coweta County Animal Shelter
- Try a new hobby or craft
- Help your mom or dad run errands or complete a task
- Talk to someone new at school
- Spend time with your grandparents
- Offer to walk your neighbor's dog
- Hold the door open for someone
- Compliment a coworker on their work
- Remind someone that you appreciate them
- Offer to help someone who is struggling with a task
- Leave heads up pennies on a sidewalk for good luck
- Do a chore for someone without them asking
- Offer to carry someone's groceries
- Give yourself an hour to do whatever makes you happy
- Let someone go ahead of you in line
- Sign up for the 2026 Coweta County Citizen Summit
- Volunteer to coach your favorite sport
- Leave a generous tip for your server or delivery driver
- Visit an elderly neighbor
- Sponsor an endangered animal through a conservation organization
- Visit a nursing home to play bingo with a resident or read to them
- Toss a coin into a fountain for good luck, health or a wish
- Participate in Coweta County Animal Services' Doggie Day Out Program
- Leave change inside a vending machine for the next person who uses it
- Offer to take a group photo for tourists or strangers
- Give a compliment to one of your friends
- Support the Coweta County Farmers Market



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- Ask a cashier how their day is going
- Capture meaningful moments with loved ones
- Write a positive review for a local business
- Greet people with a smile
- Invite someone new to a social gathering
- Plan a game or movie night for your family
- Give or send flowers to someone just because
- Write encouraging notes for hospital patients
- Buy lemonade from a lemonade stand
- Cook a meal for your family
- Help a sibling with their homework or project
- Return someone's shopping cart for them
- Send a motivational text to someone
- Create a music playlist for a friend
- Start your own acts of kindness challenge
- Hold the elevator for someone
- Encourage someone to try again
- Make someone laugh or smile
- Give a compliment to a stranger
- Feed the birds at a local park
- Write someone an encouraging poem
- Recycle an item
- Pass along a book you loved to a friend
- Sign an environmental petition
- Forgive someone who wronged you
- Return a lost item to its owner
- Send someone a joke to cheer them up
- Don't interrupt someone while they're talking
- Share kind words or quotes on social media
- Pick up any litter you see at Brown's Mill Battlefield
- Leave quarters for someone to use at a laundromat
- Start a community garden in your neighborhood
- Walk or bike to school or work when you can
- Write a positive note in chalk on a footpath
- Share your favorite playlist with a friend
- Give a thank you card to someone who helped you
- Eat leftovers instead of ordering takeout
- Challenge yourself to read 1 book a month
- Write down things that make you happy
- Bring sweet treats to work for your colleagues
- Pick up a piece of litter
- Use a reusable bag on a grocery run
- Participate in a money saving challenge
- Write a letter to someone in a nursing home
- Give a hug coupon to a friend or family member
- Write a kind letter to yourself
- Turn off the lights when you leave a room
- Participate in Coweta's Bicentennial Celebration Ancestry Class
- Put your phone away in the company of others
- Challenge yourself to have a day without social media
- Take yourself on a solo date
- Support the Coweta County Sheriff's Office Bike Build Off
- Make a new coworker, student or neighbor feel welcomed
- Participate in the Coweta County Writing Contest
- Send uplifting messages to friends and family
- Offer to wash someone's car
- Bake or cook a dish for your neighbor
- Introduce yourself to someone new
- Call or text a friend you haven't spoken to in awhile
- Pay for a person's meal in line behind you
- Learn how to say thank you in a new language
- Set up a bird feeder at your home
- Make someone a handmade gift
- Turn off the water while brushing your teeth
- Organize a carpool
- Cheer on a team at a sports event
- Write a thank you letter to your teacher
- Put together a care package for someone who needs a pick-me-up
- Complete a customer satisfaction survey after a service request
- Leave a quarter in the cart at Aldi
- Spend time playing with your pet
- Give 5 people a high five
- Send someone a postcard from your travels
- Start a mini compost bin
- Pick flowers for someone you love or care about
- Drop off recyclable items at one of Coweta's compactor sites
- Share homegrown vegetables or fruit with a neighbor or friend
- Reuse paper when you draw
- Write a positive comment on someone's social media post
- Make a get well card for someone who is sick
- Share your umbrella with someone on a rainy day
- Refill a reusable water bottle
- Check out seeds for free from Central or Powell Seed Library
- Donate used technology to a non-profit organization
- Create a thank you jar for someone
- Make someone a handmade bookmark
- Capture photos of things that inspire you
- Write a kind letter to a stranger and leave it inside a library book
- Paint a kind message on a rock and leave it in a random place
- Leave unused coupons next to corresponding items in a grocery store
- Write a GoodReads review of a book by a new or emerging author
- Bring your neighbor's trash cans to the curb for trash pick up day
- Attend Coweta's Bicentennial Celebration Historical Talk on the Square
- Pay for a stranger's coffee or meal
- Give yourself permission to rest
- Try to meditate once a week
- Bring sweet treats to your school for your teacher
- Spend time outdoors once a day to get fresh air
- Perform a task without using your phone
- Write a thank you note to your mail carrier