



Good Deeds for 9/11 Day

11 Ideas for Simple Acts of Kindness

1. Call or text someone you care about or haven't seen in a while.
2. Offer to buy coffee for the person in line behind you.
3. Plan a special day or moment with your children or a child you mentor.
4. Pay for the meal of the people at the next table (Leave before they realize what you've done) or give an extra tip and write an encouraging note along with it.
5. Let someone else take that prime parking spot.
6. Buy a gift card and give it to someone on your way out of a restaurant or coffee shop.
7. Put coins in an expired parking meter.
8. Hold the door for the person behind you.
9. Dry the slides and play equipment at the park after it rains.
10. Give up your seat on the bus or train to an elderly person, expecting mother, or someone carrying a lot.
11. Pay the toll for the car behind you.



Good Deeds for 9/11 Day

11 Ideas for Supporting Those Facing Domestic Violence

1. Donate your old cell phone at the local mobile phone company store. Many stores send them to shelters for victims of domestic abuse.
2. Donate or give away your used toys you don't need, like bicycles or skates that you've outgrown, to a local domestic violence shelter.
3. Donate your old phone to the **National Coalition Against Domestic Violence**.
4. Organize a **Mani-Mixer** at a local shelter.
5. Send **handwritten letters of love, encouragement and support** to adults who are survivors of violence and have been incarcerated.
6. Lead a **financial empowerment course** for victims of financial abuse.
7. Donate your gently worn professional clothing to **Dress for Success**.
8. Listen to **podcasts** that highlight stories from survivors of domestic violence.
9. Run a blanket or coat drive and donate the items you collect to a local shelter to use during the colder months.
10. Create and donate a "birthday box" to a shelter. Include items such as cake mix, frosting, candles, balloons and party hats.
11. Make a donation to your local domestic violence shelter.

Good Deeds for 9/11 Day

11 Ideas for Supporting Education/Literacy

1. Donate books you no longer need to a homeless shelter or **Little Free Library** in your community.
2. Give to **First Book**. Donations will help deliver 7 million books to children in need who don't have Internet access or home libraries to keep learning.
3. Read with kids virtually. Join the **VELLO Online Reading Program** to get started.
4. Become a **Learn To Be** online tutor. Help tutor underserved youth around the nation in math, science, reading and writing.
5. Offer to help mentor a young kid looking to gain skills. Your experience is valuable to a young person starting out in the workforce.
6. Give career advice to young people across the world through **CareerVillage.org**. Start answering questions online today!
7. Become a mentor to an international student. Connect for 30 minutes with an international student or an isolated person in need of connection. through **Table Wisdom**.
8. Tutor high school students in the U.S. Serve as an **UPchieve coach**, and provide either math tutoring or basic college advice to a low-income high school student.
9. Mentor teens in South Africa virtually. Join the **Infinite Family Video Mentor program**.
10. Become an e-mentor with **The National Mentoring Partnership**. The CricketTogether program serves children 12 and under, and the iCouldBe program serves children 13 and up.
11. Look through **Amazon.com** to locate local teacher wish lists and help them equip their classrooms for the school year.



Good Deeds for 9/11 Day

11 Ideas for Supporting the Environment/Climate Change

1. Reuse plastic bottles or other materials as planters for pollinator-friendly flowers. **Here are some ideas for planter decoration.**
2. Use the **WWF Environmental Footprint Calculator** to calculate your ecological footprint. After you know your footprint, brainstorm ideas for how you might be able to reduce it.
3. Look up on **YouTube how to make "birdseed cookies,"** then hang outside of your window to feed the birds around you.
4. Participate in a cleanup day for your local greenway or public park.
5. **Drink from reusable water bottles,** and encourage friends to do the same!
6. Learn about an environmental topic by watching a movie. Chasing Coral, Before the Flood, and Our Planet are all on Netflix. **Here's an even larger list** to choose from.
7. Recycle your mascara wands by sending them to Appalachian Wildlife **Refuge's Wands for Wildlife program.**
8. Make a **natural disaster preparedness plan.**
9. Host a virtual brown bag lunch club with your coworkers where everyone commits to eating plant-based meals and discussing different environmental topics of the group's choice. **Here's a great resource list** from Harvard with ready to go webinars to use.
10. Sew rescue wildlife pouches and more. These pouches will be for **Rustic Pathways** to use in their work with baby Joeys and other rescue animals in Australia.
11. Join **Plant For The Planet.** Plant a tree to help with climate change.



Good Deeds for 9/11 Day

11 Ideas for Families

1. Drop off cookies or food to a local police or fire station (you may want to call ahead).
2. Visit a homebound relative or friend.
3. Leave a kind message and snack for your postal carriers and delivery workers to thank them.
4. Video chat with a grandparent or other relative that you haven't been able to visit recently.
5. Reuse plastic bottles or other materials as planters for pollinator-friendly flowers. **Here are some ideas for planter decoration.**
6. Make a paracord bracelet. **Operation Gratitude** will send the bracelet to military members in their Care Packages.
7. Teach courage, compassion, and resilience at home. Check out the free activities the **9/11 Memorial and Museum** offers for kids.
8. Go on your own neighborhood cleanup project, collecting litter that you see to be properly recycled or thrown away in your garbage can. Be sure to wear gloves and watch out for sharp objects or anything that's not safe to pick up.
9. Leave a bowl of fresh water in front of your house for neighborhood animals to enjoy.
10. Order a **Do Good Together 'Kitchen Table Kindness Kit.'** You'll get all you need to have fun, nurture compassion, and make a difference as a family – right from your own kitchen table.
11. Give something away to Goodwill, Salvation Army, or another charity, such as items of clothing (in good shape) that you don't need, like winter coats, shoes, or eye wear.



Good Deeds for 9/11 Day

11 Ideas for Groups

1. Participate in an outdoor clean-up effort.
2. **Assemble hygiene or care kits** for the homeless and donate them to local shelters.
3. Make holiday stockings for heroes. Help **Soldiers Angels** spread cheer by preparing holiday stockings for military service members or veterans.
4. Look up on **YouTube** **how to make "birdseed cookies,"** then hang outside of your window to feed the birds around you.
5. With your classmates, colleagues, or family, make encouraging cards for patients at a children's hospital near you. Send the cards to **Cards for Hospitalized Kids**, an organization that sends cards to children in hospitals all over the country.
6. Sew **rescue wildlife pouches** and more. These pouches will be for Rustic Pathways to use in their work with baby Joeys and other rescue animals in Australia.
7. Check with your local public housing authority or **Habitat for Humanity** and help build or repair houses or shelters.
8. Decorate nursing home or hospital rooms, with permission of the facility.
9. Create and donate a "birthday box" to a shelter. Include items such as cake mix, frosting, candles, balloons and party hats.
10. Head to the park with chalk and write encouraging messages such as: "Be Kind" or "Smile."
11. Join **Plant For The Planet**. Plant a tree to help with climate change.



Good Deeds for 9/11 Day

11 Ideas for Supporting Those Facing Homelessness

1. **Assemble hygiene or care kits** for the homeless and donate them to local shelters.
2. Donate small bottles of soap, shampoo, and toothpaste to a local veteran's homeless shelter. The **National Coalition for Homeless Veterans** can help you locate an organization in your community.
3. Work with **Family-to-Family**, to be matched up with and sponsor meals for those in need. You can be matched specifically with veteran, an elderly holocaust survivor or a family in need.
4. Hand out bottles of water on a hot day.
5. Read the "**State of Homelessness: 2022 Edition**" report from the National Alliance to End Homelessness to learn more about the crisis many individuals are facing in our country.
6. Create a **list of shelters in your community** and carry it with you so that you can pass along information to someone who might need a place to sleep. You could even share these cards with other community members to equip them with valuable information as well.
7. Give old clothing to a **shelter in your community**.
8. Raise money for a security deposit or household items for people who are moving out of shelters or transitional housing program by checking in with your local shelter's partnering program if there is one.
9. Check with your local public housing authority or **Habitat for Humanity** and help build or repair houses or shelters.
10. Be aware of your language and avoid referring to people experiencing homelessness in derogatory ways by using people-centered language. **Listen to this short audio story** from *Press Play with Madeleine Brand*.
11. Create and donate a "birthday box" to a shelter. Include items such as cake mix, frosting, candles, balloons and party hats.



Good Deeds for 9/11 Day

11 Ideas for Supporting Hunger Relief

1. Create or tend a community garden.
2. Work with **Family-to-Family**, to be matched up with and sponsor meals for those in need. You can be matched specifically with veteran, an elderly holocaust survivor or a family in need.
3. Organize a canned food drive with your classmates or colleagues and find a local food bank where you can donate the food you collect. To locate one visit the **Feeding America** website.
4. Organize a personal fundraiser to raise money to support your local food bank. **Feeding America** has all of the information you need to get started.
5. Support the Give Healthy movement - aimed at distributing fresh, nutritious food to communities in need - by **organizing a Give Healthy drive**, by serving as an ambassador, or by donating to the cause.
6. Help to feed vulnerable children, who rely normally on school meals, by donating to **No Kid Hungry**.
7. Volunteer with your local **Meals on Wheels chapter** - delivering hot and healthy meals to elderly and health compromised members of your community.
8. Set up a Front Porch Food Drive. Help feed those in need in your community through **Move for Hunger**.
9. Use your voice! **Write a letter to your local city and state representatives**, encouraging them to protect programs that help provide food for struggling families.
10. Contact local nonprofits and community centers to find out about volunteer opportunities including food pantries, packing meals or local soup kitchens – which are always looking for help.
11. Drop off canned food items at your local food bank or pantry.



Good Deeds for 9/11 Day

11 Ideas for Supporting Your Local Community

1. Purchase school supplies for your local school. Contact the school to see what supplies they need for the upcoming school year.
2. Drop off canned food items at your local food bank or pantry.
3. Pick up some trash in a public area.
4. **Assemble hygiene or care kits** for the homeless and donate them to local shelters.
5. Contact local nonprofits and community centers to find out about volunteer opportunities including food pantries, packing meals or local soup kitchens – which are always looking for help.
6. After blowing leaves from your yard, blow leaves off your neighbor's yard.
7. Talk to or have lunch with someone who just moved into your neighborhood.
8. Enjoy a tasty treat and help a Girl Scout in your community meet her goal by purchasing some Girl Scout cookies from her.
9. Adopt a local nonprofit organization that you love, like an animal shelter, and pledge to support them or volunteer with them four times a year, (e.g., donate pet food.)
10. Create a **list of shelters in your community** and carry it with you so that you can pass along information to someone who might need a place to sleep. You could even share these cards with other community members to equip them with valuable information as well.
11. Check with your local public housing authority or **Habitat for Humanity** and help build or repair houses or shelters.

Good Deeds for 9/11 Day

11 Ideas for Honoring Members of the Military and Veterans

1. Send a hand-written letter or card to someone in the military or a veteran. Reach out to local departments in your community or mail letters to **Operation Gratitude** and they'll distribute them.
2. Donate small bottles of soap, shampoo, and toothpaste to a local veteran's homeless shelter. The **National Coalition for Homeless Veterans** can help you locate an organization in your community.
3. Send care packages for members of our military with the help of nonprofit organizations like **Support Our Troops or the USO Wishbook**.
4. Make holiday stockings for heroes. Help **Soldiers Angels** spread cheer by preparing holiday stockings for military service members or veterans.
5. Send a card to a veteran. Know a veteran or military service member in need of connection or encouragement? Share their info with **Soldiers Angels** and they'll send a card, with a message of your choice.
6. Donate your old phone to **Cell Phones for Soldiers**. Keep your phone out of a landfill and help a military member stay connected to their family.
7. Provide transportation services to veterans. **Volunteer with a local VA** to help veterans get to and from medical and mental health treatments.
8. Donate books to Operation Paperback. This nonprofit puts books in the hands of active-duty military members and veterans.
9. Make a paracord bracelet. **Operation Gratitude** will send the bracelet to military members in their Care Packages.
10. Foster a military animal. Find out if you're eligible to foster an animal for a military family while they're away through **PACT**.
11. Donate your unused airline miles or rewards. The **Fisher House Hero Miles program** provides military members with round-trip airline tickets.





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11 Ideas for Supporting Seniors

1. Make cards for elderly nursing home residents who regularly endure loneliness and isolation.
2. Video chat with a grandparent or other relative that you haven't been able to visit recently.
3. Donate clothes, small furniture, housewares, bedding and blankets to the Vietnam Veterans of America. The **PickUp Please donation program** allows you to schedule a pickup date, and they'll send a truck to you!
4. **Interview a grandparent or elderly friend.** Find out what they did for fun when they were young, and how it is the same and different from you. Follow your phone or video interview with a card in the mail.
5. Work with **Family-to-Family**, to be matched up with and sponsor meals for those in need. You can be matched specifically with veterans, an elderly holocaust survivor or a family in need.
6. Raise awareness of the latest scams targeting people of all ages with an emphasis on the 50+ as an **AARP Digital Fraud Fighters volunteer**.
7. Join the **Seniors With Skills Online Buddy Program**. Provide comfort to isolated senior citizens.
8. Virtually assist those who are blind or have low vision. Sign up with **Be My Eyes** to start helping!
9. Visit an aging neighbor and offer to bring them a meal, a book or simply spend some time with them.
10. Volunteer with your **local Meals on Wheels chapter** - delivering hot and healthy meals to elderly and health compromised members of your community.
11. Take a picture with your family and send it to an elderly family member like your grandma or grandpa with a kind note.



Good Deeds for 9/11 Day

11 Ideas to do Virtually

1. Call or text someone you care about or haven't seen in a while.
2. Say only nice things on social media for one day.
3. Send a card to a veteran. Know a veteran or military service member in need of connection or encouragement? Share their info with **Soldiers Angels** and they'll send a card, with a message of your choice.
4. Read with kids virtually. Join the **VELLO Online Reading Program** to get started.
5. Become a **TED Translator**. Help subtitle TED talks in different languages, and enable the inspiring ideas in them to cross cultures and borders.
6. Mentor teens in South Africa virtually. Join the **Infinite Family Video Mentor program**.
7. Join the **Seniors With Skills Online Buddy Program**. Provide comfort to isolated senior citizens.
8. Virtually assist those who are blind or have low vision. Sign up with **Be My Eyes** to start helping!
9. Check out the **AARP Virtual Volunteering Guide** for many great opportunities to give back virtually.
10. Organize a **virtual food drive**.
11. Take the time to write a great online review for a restaurant you love.



Good Deeds for 9/11 Day

11 Ideas for the Workplace

1. Clean the breakroom.
2. Offer to buy coffee for the person in line behind you or deliver coffee to an office assistant.
3. Send an email or a letter to someone who helped you at a key point in your life/career.
4. Thank a colleague for their hard work.
5. Leave some change at a vending machine with a nice note for the next person to get a free snack.
6. Host a virtual brown bag lunch club with your coworkers where everyone commits to eating plant-based meals and discussing different environmental topics of the group's choice. [Here's a great resource list](#) from Harvard with ready to go webinars to use.
7. Tell your boss one thing you appreciate about him/her.
8. Bring in a favorite treat and leave it in the break room.
9. Compliment a colleague to your boss.
10. Stay late for a co-worker who needs to get home.
11. Post sticky notes with uplifting messages on the bathroom mirrors.