



Name _____

Email _____

Hold the door open for someone behind you	Offer directions to someone who looks lost	Compliment someone genuinely on their outfit, presentation or effort	Invite someone sitting alone to join you for a snack or lunch	Listen attentively when someone wants to talk
Check in on others who seem stressed or withdrawn	Write encouraging sticky notes and leave them in public spaces	Send a thoughtful email to someone who went above and beyond	Participate in a new campus or club event	Thank professors, staff, police and/or custodians for their work
Donate a non-perishable food item to the SARC office	Pick up litter around campus	FREE SPACE	Offer directions to someone who looks lost	Give away gently used clothes to the SARC office
Write a handwritten thank you note to someone	Help someone before they ask	Offer encouragement when someone seems stressed	Offer to help with a task when you have capacity	Share credit generously when working on group projects
Say "hello" to someone new	Put something in the recycle bin	Introduce myself to a new person	Write a happy and encouraging note to myself	Text a positive message to someone you haven't reached out to in the past year