

Be Kind.

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City of Lafayette, CA



1. Volunteer with or donate to an organization in our community or county
2. Donate your gently used clothes, shoes and books
3. Buy a coffee, tea or other beverage for someone in line behind you
4. Unplug for a day and take a rest from technology
5. Say "Thank You" to someone who makes your life better
6. Invite someone to walk the Lafayette Reservoir
7. Be thankful for at least one thing every day to help make gratitude your attitude
8. Take time to laugh and make others laugh
9. Switch an item you use to a sustainable version
10. Leave a positive message for someone to discover – find ways to compliment others
11. Share a meal with someone
12. Register to vote (or help a friend get registered) – already registered, sign up to vote by mail
13. Call someone you care about, just to check in
14. Pick up trash on your walk around your neighborhood
15. Reach out to get to know neighbors - create an Emergency Prep telephone tree
16. Help someone without having to be asked
17. Welcome someone new to our community – make a new friend
18. Be kind to yourself and practice self care – do an activity to help you relax
19. Waiting in line? Invite the person behind you to go first
20. Smile all day and with everyone you meet at the Lafayette Art & Wine Festival
21. Continue to practice your favorite acts of kindness to create a culture of kindness in Lafayette!



Never doubt that a small group of thoughtful,
committed citizens can change the world.
Indeed, it is the only thing that ever has.
– Margaret Mead

