



United Way  
Lower Mainland



# ACTS OF LOCAL LOVE

## THE CALENDAR



**SHOW YOUR LOCAL LOVE.  
TAKE ACTION.**

**ACT 1**

Open a door for a stranger.



**ACT 2**

Pick up litter from a park, playground or public space.



**ACT 3**

Send a "hello" to a friend you haven't spoken to in a while.



**ACT 4**

Give someone a hug.



**ACT 5**

Talk to a neighbour.

**ACT 6**

Cook somebody a meal.



**ACT 7**

Send a note of gratitude to a teacher, health care worker or emergency responder.

**ACT 8**

Put a "You are beautiful" sticky note on a bathroom mirror.

**ACT 9**

If you're in a line, invite the person behind you to go first.

**ACT 10**

Thank someone for going the extra mile.



**ACT 11**

Put your phone away and spend time with somebody.

**ACT 12**

Smile at a stranger.

**ACT 13**

Offer a neighbour, friend or coworker some help.



**ACT 14**

Share your meal. Share your umbrella. Share an idea.

Share something today!

**ACT 15**

Tell someone you love them.



**ACT 16**

Wrap a copy of your favourite book and leave it in a public space with a note.



**ACT 17**

Give someone a compliment.



**ACT 18**

Make a statement about a social issue you care about – in chalk, online, wherever...

**ACT 19**

Strike up a conversation with someone who doesn't speak often.

**ACT 20**

Share your kind thoughts. Write 5 short notes and leave them for neighbours, coworkers or a stranger to find.



**ACT 21**

Make an effort to listen more than you speak.

**ACT 22**

Encourage someone.



**ACT 23**

Wildcard!  
Create your own act of local love.



**ACT 24**

Forgive someone today.



**ACT 25**

Make a donation to your favourite charity.



**ACT 26**

Make somebody laugh today.



**ACT 27**

Do something kind for yourself.



**ACT 28**

Start a conversation with a stranger.



**ACT 29**

Buy someone a coffee.



**ACT 30**

Sign up to volunteer for something you can do in the next month.



**ACT 31**

Send someone you know a thank you card in the mail.



**#ACTSOFFLOCALLOVE**  
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