

MLK50

Honoring the legacy of
Dr. Martin Luther King, Jr.



Are you looking for inspiration to perform an act of kindness or service? Here are some examples of random gestures that you can carry out to make someone's day or an impact in your community.

1. Encourage your affinity group to proactively share experiences and reflect on them with peers.
2. Participate in an event or activity hosted by an organization focused on servicing the needs of diverse audiences (e.g., people with disabilities, multicultural organizations, etc.)



Idea: Record video of your experience on your phone inviting participants to share personal testimonials of their experience with you.

3. Send cards or personal handwritten letters to seniors at nursing homes or a family member that you haven't connected with for some time.



Idea: Capture a picture of the letter and share it on your social media channels encouraging family and friends to perform a similar gesture and good deed.

4. When you see something good, share it. The world needs to see more good than bad. Make use of your social media handles, blogs, websites, etc., to "share the good."
5. Donate resources to a third world entrepreneur seeking to improve the conditions of his/her community.
6. Host a cultural potluck at work or for your neighbors. Encourage each individual to prepare a dish that represents their culture and background.



Idea: Be sure to take photos and capture video of the variety of dishes, cultural attire and more.

7. If you know someone is overwhelmed – perhaps by a new baby, family health issues, or something else – give them a call when you're going out to the store. Ask if they'd like you to pick something up.
8. Pay it Backward: buy coffee for the person behind you in line.

9. Surprise a neighbor with freshly baked cookies or treats!
10. Have a LinkedIn account? Write a recommendation for a coworker or connection.
11. Send a gratitude email to a coworker who deserves more recognition.



Idea: Invite your coworker to share his/her sentiments about the email received on camera. Or, write a short post about why you decided to show gratitude.

12. Take flowers or treats to the nurses' station at your nearest hospital.
13. Email or write to a former teacher who made a difference in your life.
14. Donate school supplies to your child's classroom teacher. These can come in handy for those students who may not be able to afford school supplies.
15. Send flowers to a friend that deserves recognition.
16. If you know parents who could use a night out, offer to babysit for free.
17. Host a clean-up party at your neighborhood park.
18. Donate food, toys and blankets to your local animal shelter.



Idea: Capture video, images and more video!

19. Help an elderly neighbor with their yard work.
20. Create an "appreciation day" to celebrate someone you love.