



# 100 WAYS TO SIMPLY DO GOOD



**@SDGKENYA**

1. Make a resolution to do good at least once a week
2. Say hi to the guard in your compound at home or work and appreciate them
3. Ask one person how you can support them this year
4. Connect with someone you haven't spoken to for a while
5. Mark your calendar with birthdays and other special occasions so you don't forget
6. Help parents who are struggling – buy a pair of shoes for a child going back to school
7. Say “Thank you” as many times as possible
8. Ask someone “How can I help?”
9. Buy exercise books and pencils for a child whose family needs support
10. Use social media to share your best water-saving tips. Tag @SDGKenya
11. Help someone with a chore that's theirs, not yours
12. Write a positive comment on a blog or facebook post
13. Do one thing out of your comfort zone for someone else
14. Pick one day and plan to make an extra serving of food to share with someone
15. Appreciate others by making a point of thanking staff at the supermarket checkout
16. Share a book quote, bible verse or poem with someone who needs encouragement
17. Pay for the passenger sitting next to you in the matatu
18. Give out compliments to others
19. Invite someone from your neighbourhood for a meal
20. Surprise someone by cleaning something for them (eg a pair of shoes)
21. Plant something
22. Give a police officer a bottle of water or soda
23. Call your parent or guardian and tell them why you are thankful for them
24. Give blood or sign up to be a donor for Wanadamu
25. Leave mandazi on a colleague's desk for breakfast
26. Hold a door open for someone
27. Take a picture of something beautiful and send it to someone saying why it made you think of them
28. Give up doing one thing to let someone else get time with you
29. Buy a voucher for your local coffee shop and gift it to someone
30. Pick up some trash and put it in the dustbin
31. Go through your clothes and find a few items to give away to people living on the streets
32. Support your local duka by buying something on the way to/from home today
33. Do laundry for a friend who had a baby or is going through a tough time
34. Pray for families affected by cancer. Reach out to any you know personally

35. Plan to take out the trash for a neighbour
36. Use social media to share 3 facts about the negative impact of FGM. Tag @SDGKenya
37. Call a friend to say hi and check how they are doing
38. Work in a block of offices? Get to know the neighbours. See if you can help them.
39. Take time to learn and understand more about people with special needs
40. Going shopping? Ask a friend or neighbour if they need anything
41. Think of a skill you have. Plan how you can put it to good use in the coming week
42. Pass on a book or magazine to a friend
43. Thank a traffic cop who is keeping the traffic flowing
44. Show love to someone who might be feeling lonely on Valentine's Day
45. Buy a drink and snacks for someone at work who wouldn't expect it
46. Start a discussion with friends to share ideas on how to help the environment
47. Write to a teacher or role model to tell them how they made a difference in your life
48. Been to church today? Share a word of inspiration from the service
49. Share a quote, bible verse or meme as motivation to get through Monday
50. Look for opportunities to volunteer for an organisation promoting social justice
51. Have a trash-free lunch. Pack food in re-usable containers, use metal cutlery and cloth napkin
52. Sharing is caring...find a way to share today
53. Take small food treats to work/school to share with others
54. Get together with some friends and organize a clean-up in a local park or forest
55. Visit a friend or relative who would appreciate some company
56. Give a security guard chapatis or a bag of unga to appreciate their work
57. Use a WhatsApp group to ask if anyone has a prayer request to share
58. Register as an SDG volunteer
59. Think how you can use less plastic this month. Tag @SDGKenya with your ideas
60. Take time to disconnect from electronic devices and reconnect with your friends and family
61. Support local wildlife by visiting a National Park and sharing photos
62. Place a bag in your kitchen. For one month, add dry food items then donate the bag at the end of the month
63. Think of someone you know who is shy and make a point of talking to them
64. Smile at as many people as you can
65. Surprise someone with a handwritten card or letter of encouragement
66. Ask someone how their week has been and be prepared to listen to their honest answer

67. Tell the cashier at the supermarket to use your change to give another customer a discount
68. Deliver a batch of mandazi to your local police station to say thanks for the service
69. If you see a colleague struggling at work, ask if there is any way to help them
70. Assist in washing dishes after dinner
71. Share a post by Missing Child Kenya
72. If you see someone carrying heavy shopping, offer to help carry
73. If you've had good service, post a review on a blog or Facebook page
74. Print a photograph from your phone, frame it and gift it to the person in the picture
75. Introduce yourself to new neighbours in your hood
76. Choose to stop complaining for one week and only spread positivity
77. Find an organisation that supports people living on the streets. Donate food or time
78. Take time to learn 3 facts about Down Syndrome and share on social media
79. Challenge yourself to minimize your consumption of water for a day
80. Pay the caretaker or guard to wash a neighbour's car as a surprise
81. Offer to help out at your church
82. Are you an expert in something? Offer advice to someone starting out in your field
83. Give everyone you talk to your complete and undivided attention
84. Offer to babysit to let a couple have date night
85. Donate sweaters that are in good condition but you no longer use
86. Plan a day to read a story to children in your church or neighbourhood
87. Learn about Autism and share 3 facts that you find
88. Keep an extra umbrella at work so you can lend it to someone if it rains
89. Find out where the nearest home for the elderly is and plan to visit
90. Go to a hospital during visiting hours and spend time with people who don't have any visitors
91. Think of a friend with a small business and see how you can support them
92. Save electricity by unplugging your devices when not in use
93. Call a friend who lives alone to see if they have weekend plans. If not, make some
94. Look out your old school textbooks and donate to a project or individual who needs them
95. Take some snacks to your local public hospital to appreciate the nurses
96. Say thanks to the conductor as you alight from the bus or matatu
97. Donate your old cellphone, laptop or tablet to someone in need
98. If you have lots of coins in your pocket or purse, offer to exchange them for a note in a shop
99. When returning your supermarket trolley, take someone else's too
100. Buy sweets or snacks from a hawker and ask them to give them to someone else