1 — Leave snacks for delivery people — granola bars and water, for example.

2 — Donate used shipping materials. Some stores accept peanuts and bubble wrap.

3 — Donate time to volunteer at a classroom party.

4 — Send a college kid a campus store gift certificate for supplies.

5 — Buy a stash of coffee gift cards and hand them out to emergency responders.

6 — Fix a meal for a family that needs extra help.

7 — Buy something local to support a business.

8 — Leave anonymous flowers for someone who has experienced loss this year.

9 — Drop off snacks for a local school's food pantry.

10 — Donate time to help a teacher with copying or laminating.

11 — Leave an envelope of quarters at a laundromat for customers in need of change.

12 — Greet the school bus driver with a to-go mug of hot chocolate.

13 — Donate new children's books to a school in your city.

14 — Hold doors open for people all day long.

15 — Send a handwritten note to a relative or friend, even if they're in town.

16 — Pack small plastic baggies with spare change and energy bars to give out to people in need.

17 — Pick up seven extra pieces of trash, one for every day of the week.

18 — Let a parent and his or her kids go ahead of you in line at the grocery store.

19 — On travels, tip a housekeeper. In a study, almost one-third of travelers did not tip hotel cleaning staff.

20 — Feed someone's parking meter.

21 — Do a flash donation drive for an animal shelter: Ask on social media to drop donations at your home for a week.

22 — Donate unused books to a local library or place in a neighborhood little library.

23 — Offer to babysit someone's children for a night out for free.

24 — Pay someone's fine at the library.

25 — Sign up to serve a meal at a shelter.

26 — Pay it forward in a toll booth or drive-through coffee line.

27 — Volunteer at an animal shelter.

28 — Deliver lunch to the staff at your local hospital's emergency room.

29 — Donate good but unused professional clothes to a career closet.

30 — Leave random positive sticky notes for co-workers, family members or neighbors.