



We would like to invite you to add to the goodness in and around you by practicing good deeds on April 12, 2026 and always!



**Tear a task and tell the world about it!**

## *Project Goodness*

Spend time with an elderly person. #ProjectGoodness  
#GoodDeedsDay

Tell a joke / share a funny video.  
Laughter is the best medicine.  
#ProjectGoodness  
#GoodDeedsDay

Walk dogs at an animal shelter.  
#ProjectGoodness  
#GoodDeedsDay

Give books to your local library.  
#ProjectGoodness  
#GoodDeedsDay

Buy a homeless person a meal.  
#ProjectGoodness  
#GoodDeedsDay

Give up your seat on the subway or bus. #ProjectGoodness  
#GoodDeedsDay

Donate baby supplies to a diaper bank. #ProjectGoodness  
#GoodDeedsDay

Send someone a handwritten note. #ProjectGoodness  
#GoodDeedsDay

Shovel snow for a neighbor.  
#ProjectGoodness  
#GoodDeedsDay

Volunteer at a soup kitchen.  
#ProjectGoodness  
#GoodDeedsDay

Donate your hair to Locks of Love. #ProjectGoodness  
#GoodDeedsDay

Leave a positive comment on social media. #ProjectGoodness  
#GoodDeedsDay