

Random Acts of Kindness Day



For 175 years, Phi Mu sisters have been committed to living our values and making a difference in the lives of others. In honor of this incredible milestone, we're celebrating with 175 Acts of Kindness Day on **February 17, 2027**.

Phi Mu members, chapters and alumnae groups are encouraged to spread a little love, honor and truth through acts of kindness, big or small. Buy someone a cup of coffee, write a note to a sister, support a local organization, brighten someone's day or challenge your chapter to complete 175 acts of kindness together!

Every act counts. Every sister can participate. Every little bit of kindness makes a difference.

SHARE YOUR PHI MU IMPACT

We want to see kindness happening across the country! Take a photo, share your act of kindness on social media and tag @PhiMuFraternity using #175YearsOfMu so we can celebrate 175 years of Phi Mu together.

175 WAYS TO SHOW KINDNESS

Choose one, choose a few or challenge your chapter or alumnae group to complete all 175 in celebration of Phi Mu's 175th Anniversary.

Sisterhood and Phi Mu

1. Write a handwritten note to a Phi Mu sister.
2. Thank a Chapter Adviser for her service.
3. Reach out to a sister you haven't spoken to recently.
4. Send an encouraging message to a sister having a difficult week.
5. Invite a sister to coffee.
6. Write a note to a graduating senior.
7. Thank a chapter officer for her leadership.

8. Send a card to a Phi Mu alumna.
9. Introduce yourself to a sister you don't know well.
10. Compliment a sister on something other than her appearance.
11. Recognize a sister who has made a difference in your life.
12. Send encouragement to another Phi Mu chapter.
13. Offer to help a sister study.
14. Bring a sister her favorite snack.
15. Celebrate a sister's recent accomplishment.
16. Check in on a sister who has been quiet or absent.
17. Share a favorite Phi Mu memory with a sister.
18. Thank someone who has mentored you in Phi Mu.
19. Help a sister with a task on her to-do list.
20. Sit with someone new at a Phi Mu event.
21. Write thank-you notes to chapter volunteers.
22. Reach out to a new member and make her feel welcome.
23. Offer a ride to a sister who needs one.
24. Send a positive message in your chapter group chat.
25. Tell a sister specifically why you appreciate her.

Campus Kindness

26. Thank a professor after class or write a thank-you note to a favorite professor.
27. Thank a campus dining employee, custodian or campus security officer.
28. Donate unused school supplies at the end of the semester.
29. Leave an encouraging note in a campus common area.
30. Pick up litter while walking across campus.
31. Donate food to your campus food pantry.
32. Donate supplies to a campus resource center.
33. Hold the door open for someone.
34. Let someone go ahead of you in line.
35. Offer a classmate your notes if they missed class.

36. Invite someone sitting alone to join you.
37. Give a genuine compliment to a classmate.
38. Leave a positive note on a library study table.
39. Introduce two students who may benefit from meeting each other.
40. Return an abandoned shopping cart or campus cart.
41. Help someone carry something heavy.
42. Give up your seat to someone who needs it.
43. Thank a teaching assistant.
44. Leave an encouraging message on a campus bulletin board.
45. Donate gently used professional clothing to a campus career closet.
46. Participate in a campus clean-up.
47. Support another student organization's service project.
48. Attend an event supporting a campus cause.
49. Write a positive message with sidewalk chalk (where permitted).

Everyday Acts of Kindness

50. Buy coffee for the person behind you.
51. Pay for someone's meal.
52. Leave an extra-generous tip.
53. Give someone a genuine compliment.
54. Send a good-morning text to someone you love.
55. Call a family member just to check in.
56. Send someone a funny photo or memory.
57. Write a positive online review for a small business.
58. Thank someone who helped you recently.
59. Bring a treat to a neighbor.
60. Leave a kind note for a roommate.
61. Make someone's favorite meal.
62. Offer to run an errand for someone.
63. Let another driver merge in front of you.

64. Give someone your place in line.
65. Send a handwritten thank-you card.
66. Tell someone you are proud of them.
67. Ask someone how they're doing and take time to listen.
68. Leave a kind note for someone to discover.
69. Send flowers to someone for no specific reason.
70. Give someone a book you think they would enjoy.
71. Offer to take a photo for a group or family.
72. Leave change at a vending machine.
73. Share an umbrella with someone.

Children and Families

74. Donate children's books or new toys to a local organization.
75. Collect diapers for a diaper bank.
76. Donate baby wipes.
77. Donate baby clothing.
78. Offer to babysit for a friend or family member.
79. Assemble activity kits for children.
80. Donate coloring books and crayons.
81. Collect school supplies.
82. Donate backpacks.
83. Assemble birthday kits for children in need.
84. Donate children's pajamas.
85. Collect new stuffed animals for a local organization.
86. Donate children's hygiene products.
87. Create encouraging cards for children receiving hospital care.
88. Support a local family assistance organization.
89. Donate new or gently used coats for children.
90. Collect children's socks.
91. Donate books to a Little Free Library.

- 92. Volunteer at a family-focused community event.
- 93. Read to children through a local literacy program.

Community Care

- 94. Donate canned goods to a food pantry.
- 95. Volunteer at a food bank.
- 96. Organize a food drive.
- 97. Donate gently used clothing.
- 98. Donate new socks to a shelter.
- 99. Donate hygiene products to a shelter.
- 100. Assemble hygiene kits.
- 101. Assemble care packages for people experiencing homelessness.
- 102. Volunteer at a community kitchen.
- 103. Donate towels or linens to a shelter.
- 104. Collect and donate feminine hygiene products.
- 105. Donate reusable water bottles.
- 106. Volunteer at a local nonprofit.
- 107. Support a local community fundraiser.
- 108. Donate blankets to an organization in need.
- 109. Organize a neighborhood clean-up.
- 110. Pick up litter at a local park or in your neighborhood.
- 111. Donate reusable bags to a food pantry.
- 112. Share information about a local nonprofit's needs.

Gratitude and Encouragement

- 113. Write a thank-you note to a teacher from your past.
- 114. Thank a coach or mentor.
- 115. Send a note to someone who inspired you.
- 116. Write a letter to a grandparent or older relative.
- 117. Thank a coworker for something they do well.

118. Tell a friend what you value about your friendship.
119. Send an encouraging text before someone's big day.
120. Celebrate someone's accomplishment on social media.
121. Send a card to someone who may be lonely.
122. Write down five things you appreciate about someone and give them the list.
123. Thank someone who works behind the scenes.
124. Leave a positive note for a service worker.
125. Write a thank-you note to a healthcare worker.
126. Thank a first responder.
127. Send encouragement to someone starting something new.
128. Tell a family member why you're grateful for them.
129. Thank someone for simply being a good friend.
130. Send a former teacher an update and thank them for their impact.
131. Recognize someone's hard work when others may not notice it.
132. Send someone an unexpected "thinking of you" message.

Caring for Your Community

133. Donate pet food to an animal shelter.
134. Donate old towels or blankets to an animal shelter.
135. Volunteer at an animal rescue.
136. Walk a shelter dog through an approved volunteer program.
137. Collect supplies for a local animal rescue.
138. Participate in a community beautification project.
139. Plant flowers in an approved community space.
140. Plant a tree through a local organization.
141. Recycle items you would normally throw away.
142. Donate reusable items instead of throwing them away.
143. Clean up a local walking trail.
144. Volunteer at a community garden.
145. Donate gardening supplies to a community garden.

146. Help a neighbor with yard work.

Serving Others

147. Bring treats to a fire station.
148. Bring snacks to a local healthcare team.
149. Donate books to a senior living community.
150. Write cards for senior living residents.
151. Volunteer with a senior-focused organization.
152. Visit with an older adult through an approved volunteer program.
153. Help an older neighbor with groceries or errands.
154. Donate puzzles or games to a senior living community.
155. Assemble appreciation bags for teachers.
156. Donate classroom supplies to a teacher.
157. Stock a teacher's classroom wish list.
158. Donate books to a classroom.
159. Assemble snacks for an after-school program.
160. Volunteer with a local literacy organization.

Keep the Kindness Going

161. Start a kindness jar with your chapter or alumnae group.
162. Create an encouragement board where members can leave positive notes.
163. Organize a chapter donation drive.
164. Host a letter-writing night.
165. Organize a group volunteer day.
166. Partner with another campus organization on a service project.
167. Choose a local nonprofit to support as a group.
168. Challenge another Phi Mu chapter or alumnae group to complete acts of kindness.
169. Share your act of kindness to inspire someone else to participate.

- 170. Invite someone else to complete an act of kindness and keep the celebration going.
- 171. Send a note of encouragement to a Phi Mu sister serving in a leadership role outside of your chapter.
- 172. Reach out to a Phi Mu alumna who positively impacted your collegiate experience and tell her you still remember her impact.
- 173. Connect two Phi Mu sisters who could support, mentor or encourage one another.
- 174. Share a job, internship or professional opportunity with a Phi Mu sister who may benefit from it.
- 175. Perform an act of kindness in honor of a Phi Mu sister who has made a difference in your life.