1. I have helped push a stranger’s car out of the snow.
2. I have given directions to a stranger.
3. I have made change for a stranger.
4. I have given money to a charity.
5. I have given money to a stranger who needed it (or asked me for it).
6. I have donated goods or clothes to a charity.
7. I have done volunteer work for a charity.
8. I have donated blood.
9. I have helped carry a stranger’s belongings (books, parcels, etc.).
10. I have delayed an elevator and held the door open for a stranger.
11. I have allowed someone to go ahead of me in a lineup (at Xerox machine, in the supermarket).
12. I have given a stranger a lift in my car.
13. I have pointed out a clerk’s error (in a bank, at the supermarket) in undercharging me for an item.
14. I have let a neighbour whom I didn’t know too well borrow an item of some value to me (e.g., a dish, tools, etc.).
15. I have bought ‘charity’ Christmas cards deliberately because I knew it was a good cause.
16. I have helped a classmate who I did not know that well with a homework assignment when my knowledge was greater than his or hers.
17. I have, before being asked, voluntarily looked after a neighbour’s pets or children without being paid for it.
18. I have offered to help a handicapped or elderly stranger across a street.
19. I have offered my seat on a bus or train to a stranger who was standing.
20. I have helped an acquaintance to move households.

1. I have delayed an elevator/held door open for stranger(s)

2. I have given directions to a stranger

3. I have gone out of my way to meet with someone to help them with a task (e.g. help proofread their paper, listen to their presentation, etc)

4. I have donated money at the cash register when buying groceries.

5. I have given money to a stranger (or an acquaintance I don’t know too well) in need

6. I have donated instead of sold my clothes/used items.

7. I have donated to a charity

8. I have donated blood

9. I have done volunteer work for a charity/organization

10. I have signed an online petition / shared a cause on social media

11. I have allowed someone to go ahead of me in line

12. I have lent an acquaintance that I don’t know too well with something of value to me (clothes, tools, etc)

13. I have pointed out a clerk’s error (at a supermarket, restaurant) in undercharging me

14. I have let an acquaintance that I don’t know too well stay at my place

15. I have donated money/coins into Salvation army bell-ringers

16.I have helped a classmate who I did not know that well with a homework assignment when my knowledge was greater than his/hers

17. I have offered to give a ride to someone without asking to be paid for it

18. I have helped carry a stranger’s belongings (e.g. groceries)

19. I have offered my seat on a bus/train to a stranger who was standing

20. I have helped an acquaintance with moving in/ moving out of their dorm/apartment/house