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# acts of KINDNESS — For kids & adults

## KIDS

1. Hold the door for someone
2. Tell someone "Good Morning!"
3. Call your grandparents just to talk
4. Give someone a compliment
5. Donate old toys
6. Buy extra school supplies for your teacher
7. Play with or walk shelter pets
8. Donate used books to the library
9. Help your parents make dinner
10. Donate old clothes
11. Clean your room without being asked
12. Make friends with someone new
13. Leave happy notes around town
14. Give the bus driver a "Thank You" card
15. Take treats to the police or fire station
16. Pick up trash on the ground
17. Do a chore for someone in your family
18. Make a nice note or picture for a neighbor
19. Make a bird feeder
20. Share with another person
21. Smile ALL day long
22. Tell your parents you love them
23. Let someone else go first in line
24. Say "Hi!" to a worker in your school
25. Offer help to someone who needs it

## ADULTS

1. Pay for someone's meal
2. Smile & speak to a stranger
3. Volunteer at a shelter or soup kitchen
4. Give an unexpected gift
5. Call older or distant relatives
6. Leave change in a vending machine
7. Make a monetary donation to a cause
8. Let someone in front of you in traffic
9. Exercise patience
10. Donate to a shelter (toiletries, food, clothes)
11. Leave a note in your child's lunchbox
12. Do a chore your spouse dislikes
13. Compliment someone's work
14. Leave a big tip at a restaurant
15. Fill up a local donation box
16. Catch up with an old friend
17. Send a soldier a care package
18. Offer to help out or cook for your neighbors
19. Buy a gift for your child's teacher
20. Plan a fun surprise for your family
21. Leave water/snacks for delivery men
22. Say "Thank You" to emergency workers
23. Purchase from a small business
24. Make cards for 'Cards for Hospitalized Kids'
25. Become a youth mentor