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# ACTS OF KINDNESS

For Kids

- 1) TELL A JOKE
- 2) SMILE AT A STRANGER
- 3) FEED THE BIRDS
- 4) HELP IN COLLECTING TRASH
- 5) FOLD YOUR CLOTHES
- 6) TALK TO A LONG DISTANT COUSIN
- 7) TEACH A SKILL TO YOUR FRIEND
- 8) DRAW A PICTURE FOR SOMEONE
- 9) JOIN A COMMUNITY SERVICE
- 10) HELP SOMEONE CARRY THEIR GROCERIES

- 11) WRITE A THANK-YOU NOTE TO THE CUSTODIAN
- 12) MAKE A CARD FOR SOMEONE'S BIRTHDAY
- 13) HELP A FRIEND WITH THEIR STUDIES
- 14) COMPLIMENT A STRANGER
- 15) GIVE A HUG TO YOUR PARENTS FOR SUPPORTING YOU
- 16) SHARE YOUR TOYS WITH A FRIEND
- 17) WALK A NEIGHBOUR'S DOG
- 18) WRITE A POEM FOR YOUR SIBLING
- 19) PASS ALONG A GOOD BOOK AFTER READING IT
- 20) COMPLIMENT THE PERSON WHO CLEANED YOUR HOME

- 21) PLANT A TREE IN THE NEIGHBOURHOOD
- 22) DONATE TOWELS AND BLANKETS TO AN ANIMAL SHELTER
- 23) BAKE COOKIES AND SHARE IT WITH YOUR FRIENDS
- 24) GIVE YOUR NEIGHBOUR A "THANK YOU FOR BEING KIND"

NOTE

- 25) HOLD OPEN AN ELEVATOR DOOR
- 26) MAKE A DIY (DO IT YOURSELF) GIFT FOR YOUR SIBLING
- 27) TALK TO YOUR GRANDPARENTS AND TELL THEM A STORY
- 28) GIVE TWO COMPLIMENTS TO EACH FAMILY MEMBER
- 29) HELP YOUR FAMILY IN BAKING A CAKE
- 30) SAY A PRAYER FOR SOMEONE

- 31) HELP IN CLEANING UP AFTER DINNER
- 32) READ A BOOK TO CHILDREN IN A HOSPITAL
- 33) BE A SECRET SANTA FOR YOUR YOUNGER SIBLING
- 34) GIVE A CARD TO YOUR TEACHER FOR MOTIVATING YOU
- 35) DONATE SOME OF YOUR ALLOWANCE TO A CHARITY
- 36) SAY "THANK YOU" TO A SALES REPRESENTATIVE AT A STORE
- 37) DO A MAGIC TRICK FOR YOUR FAMILY
- 38) GIVE FOOD AND CLOTHES TO THE HOMELESS
- 39) HOLD THE DOOR FOR SOMEONE
- 40) MAKE YOUR BED

- 41) REMIND A FAMILY MEMBER TO TAKE THEIR MEDICINE ON TIME
- 42) OFFER TO TAKE CARE OF YOUR NEIGHBOUR'S PET FOR SOME HOURS
- 43) SEND A GET WELL SOON CARD TO A SICK FRIEND
- 44) TEACH YOUR SIBLING HOW TO COMPLETE AN ASSIGNMENT
- 45) DO A CHORE WITHOUT BEING ASKED
- 46) OFFER YOUR PLACE IN LINE
- 47) MOTIVATE A FRIEND TO ENGAGE IN CO-CURRICULAR ACTIVITIES
- 48) WRITE A LETTER TO AN OLD TEACHER ABOUT WHY YOU APPRECIATE THEM
- 49) SHARPEN THE PENCILS IN YOUR HOUSE
- 50) PERFORM AN ACT OF KINDNESS AND TELL PEOPLE ABOUT IT ON SOCIAL MEDIA. USE THE HASHTAG:

**#BeAwareBeKind**



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