

Acts of Kindness

Kindness
begins
with me.

FAMILY & FRIENDS

- Hug a family member
- Call your grandparents
- Give your sibling a compliment
- Give your parent a thank you note
- Make a cup of tea or hot chocolate for a family member
- Snuggle with the family pet
- Bring flowers to a friend
- Give a friend a note of encouragement or thanks
- Give your neighbor some flowers
- Make a special dinner for the family
- Mail your cousins a letter
- Tell your mom and dad you love them
- List out things you like about a family member or friend
- Do a chore for a sibling
- Make a toy for a neighbor's pet
- Say I love you to someone in your family

HOW BEAUTIFUL A DAY
CAN BE WHEN
kindness
TOUCHES IT.

GEORGE EDISON

Throw
kindness
around like
confetti

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No act of
kindness,
no matter how small,
is ever wasted.
-Aesop

1. Smile at someone just because.
2. Buy the person behind you coffee.
3. Donate toys to charity.
4. Make homemade dog treats and deliver them to a shelter.
5. Bake cookies for your neighbor.
6. Donate to a food bank.
7. Send a card in the mail just because.
8. Volunteer
9. Donate old blankets and towels to an animal shelter.
10. Paint rocks and hide them for others to find!
11. Send a care package to deployed soldiers.
12. Pay for someone's meal at a restaurant.
13. Let someone go in front of you in line.
14. Mow the lawn, rake the leaves, or shovel snow for your neighbor.
15. Leave a generous tip at a restaurant.
16. Send someone flowers.
17. Help someone before they ask.
18. Carry a stranger's grocery bags.
19. Leave a treat in the mailbox for your mail carrier.
20. Donate to your favorite charity.
21. Compliment a stranger.
22. Bake treats and deliver them to your local police station.
23. Pick up litter at the park.
24. Place a jar of pennies by a wishing fountain!
25. Call a relative just to say hello!

RANDOM ACTS OF KINDNESS

				
FaceTime your grandparents	Bake Cookies for a Neighbor	Walk Dogs at the animal shelter	Do a sibling's chore	Donate any clothes you don't wear
				
Donate books to your local library	Donate a bag of groceries to your local food bank	Visit the elderly at the nursing home	Send coloring books to kids in the hospital	Eat lunch with someone new