



## ACT OF KINDNESS EXAMPLES

- ❖ Send a text (or note) to your Mom and/or Dad letting them know how much they mean to you.
- ❖ Offer to help a teacher with a task.
- ❖ Help a fellow student, sibling, or neighbor study for a test or with homework.
- ❖ Do a chore for someone without them knowing.
- ❖ Tell a joke.
- ❖ Return someone's cart at the store.
- ❖ Leave a nice note in a library book.
- ❖ Compliment a classmate or teacher.
- ❖ Send a friend a positive text.
- ❖ Invite someone sitting alone to sit with you at lunch.
- ❖ Let someone go ahead of you in line.
- ❖ Put change in a vending machine.
- ❖ Make or take a meal to a family that is going through a difficult time.
- ❖ Open the door or hold the door for somebody.
- ❖ Write a note/letter to a teacher or coach who has positively impacted your life.
- ❖ Write a thank you note to somebody who works in the school office or cafeteria.
- ❖ Bring in the garbage cans for a neighbor.
- ❖ Call a relative you haven't spoken to in a while and catch up.
- ❖ Surprise someone by bringing them a favorite snack or drink they love.
- ❖ Do the dishes or another household chore unexpectedly.
- ❖ Go to a friend's or family member's sporting event or concert to support them.
- ❖ Visit an elderly care home.
- ❖ Make two lunches and give one to someone.
- ❖ Bring a treat to the local firehouse and thank them for their service.
- ❖ When in class or at practice and a partner is needed choose someone who may be left out.
- ❖ Ask an older relative or friend to tell you about their best childhood memory
- ❖ Offer to help an elderly person with a chore.
- ❖ Take a treat to your librarian or custodian and thank them for what they do.
- ❖ Make a list of your favorite things about each person in your family and hang it on the refrigerator.
- ❖ Give someone a book that you liked.
- ❖ Be kind to yourself by writing down five things you are proud of.
- ❖ Offer to clean up your neighbor's yard.
- ❖ Make a playlist for someone.
- ❖ Spend 10 minutes cleaning up your neighborhood park.
- ❖ Dedicate 24 hours to spreading positivity on social media.