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## — ACTS OF — **KINDNESS** — FOR KIDS —

1. Hold a door open for someone
2. Do a chore at home without being asked
3. Feed the birds
4. Turn off the tap when brushing your teeth
5. Give a compliment to a friend
6. Tell a joke
7. Make a handmade gift for someone
8. Praise someone when they are trying their best
9. Share something with your siblings/family
10. Say thank you to someone who helps you
11. Write a nice letter to someone
12. Help someone before they ask
13. Start a gratitude journal
14. Walk a neighbour's dog if they cannot do it themselves
15. Walk or cycle to school
16. Write a list of things you admire about your friend/family member and give it to them
17. Recommend a good book/movie/game to someone
18. Help someone with their work
19. Draw somebody a picture
20. Set the table for dinner
21. Help to tidy the classroom
22. Tell someone why they are special to you
23. Call someone you know to say hello
24. Greet everyone you see
25. Read a book to someone
26. Make a kindness stone and leave it somewhere people can see it
27. Teach someone something new
28. Smile at everyone
29. Make someone else's bed at home
30. Help to prepare dinner
31. Send a note to your neighbour
32. Make a video message for someone you know
33. Make a music playlist to share with friends and family
34. Write positive messages to display in your window
35. Pick up litter if you see it in your school yard or near your home.
36. Let someone ahead of you in a queue
37. Leave a secret message for somebody
38. Donate old toys to a charity shop
39. Donate old clothes to a charity shop
40. Make a Get Well card for someone
41. Say sorry if you have done something wrong
42. Ask a sibling/family member to pick a programme to watch together
43. Encourage someone when they are finding something difficult
44. Help to make the school lunches
45. Stand up for a friend
46. Comfort a classmate when they are hurt
47. Draw a picture or write a note for your teacher thanking them
48. Ask someone who is alone to play with you
49. Offer to partner with someone who doesn't have a partner
50. Hand in a lost item that you found
51. Ask a friend to choose a game to play in the yard
52. Write a thank you note for your coach
53. Recycle your rubbish
54. Give a hug to a family member
55. Bake something nice for someone
56. Leave a happy note in a library book
57. Collect spare change and donate it to a charity
58. Make someone laugh
59. Help another person to move or carry something
60. Be kind to yourself - Remind yourself of your talents
61. Ask a family member/friend "How are you?"
62. Look at old family photos with your family
63. Give yourself a hug
64. Make a wish for someone you love and a wish for yourself
65. Think about a time somebody showed you kindness - tell them how it made you feel
66. Write a positive acrostic poem about someone in your class and give it to them
67. Tell someone you are happy to see them
68. Give the principal a compliment
69. Be ready to start before the teacher asks.
70. Say please and thank you