

RANDOM ACTS OF KINDNESS

IN MY HOME

Have a no complaining day

Read to a sibling

Fill a bird feeder

Give a compliment

Offer a hug

Bake a treat to share

Tidy a mess you didn't make

Call a family member just to chat

Pick something off the floor

Write thank you cards

Make a cup of tea for mom or dad

Play with a younger sibling or friend

Play with a pet

Do someone a favor

Tell someone you love them

Write thank you cards

WITH MY FRIENDS

Tell a friend what you like about them

Make someone laugh

Listen to someone's idea

Ask someone new to play

Invite someone over for a meal

Let someone have a turn before you

Give a "just because" gift

Reach out to a new friend

Give a book to a friend they will like

Ask someone about their day and really listen

Send a postcard to a friend

Teach someone something new

Forgive someone

Learn something new about a friend

Show some grace

Ask someone new to play

IN MY COMMUNITY

Smile!

Create art & leave it to be found

Bring a neighbor flowers

Donate toys

Return someone's cart at a store

Hold a free lemonade stand

Write a kind review for a business

Add books to a free library

Donate food to a food pantry

Leave kindness stones at a park

Pick up litter in a park or your neighborhood

Make a care basket for delivery workers

Write kindness messages on the sidewalk

Plant wildflowers