

# ACTS OF KINDNESS

## 20 SIMPLE WAYS FOR CHILDREN TO SPREAD KINDNESS

WRITE A KIND NOTE TO A FAMILY MEMBER

DONATE USED BOOKS TO THE LIBRARY

DELIVER A CARE PACKAGE TO YOUR LOCAL  
FIREHOUSE OR POLICE STATION

CLEAN UP YOUR SISTER OR BROTHER'S ROOM  
WITHOUT BEING ASKED

ASK HOW YOU CAN HELP A SIBLING OR FRIEND  
AND FOLLOW THROUGH

TELL YOUR MOM OR DAD ONE THING YOU  
LOVE ABOUT THEM

COLOR OR PAINT A PICTURE FOR A FRIEND

HELP MAKE BREAKFAST OR DINNER

BAKE COOKIES FOR YOUR TEACHER  
OR NEIGHBOR

TAKE DOG FOOD, SUPPLIES, AND TOYS  
TO THE LOCAL ANIMAL SHELTER

GIVE SOMEONE A NICE COMPLIMENT  
TO MAKE THEM FEEL GOOD

HELP SOMEONE CLEAN UP A MESS  
(THAT YOU DIDN'T MAKE)

GIVE SOMEONE IN YOUR FAMILY A BIG HUG

SET THE DINNER TABLE

COLLECT & DONATE FOOD TO THE  
LOCAL FOOD BANK

PICK FRESH FLOWERS FOR  
SOMEONE YOU LOVE

HELP YOUR MOM OR DAD WITH CHORES  
AROUND THE HOUSE

HELP YOUR MOM CARRY AND  
PUT AWAY GROCERIES

TELL A SILLY JOKE TO MAKE SOMEONE LAUGH

MAKE SOMEONE'S BED WITHOUT BEING ASKED