ACTS OF KINDNESS

1. Write a thank-you note to a teacher or coach.
2. Compliment a friend or classmate on their work or effort.
3. Share your toys or games with a sibling or friend.
4. Help a younger sibling with their homework or a task.
5. Donate gently used toys or books to a local charity or hospital.
6. Hold the door open for someone.
7. Help a parent or guardian with a chore without being asked.
8. Offer a hug or a smile to someone who looks sad or upset.
9. Make homemade cards to cheer up elderly neighbors or relatives.
10. Invite a new student at school to sit with you at lunch.
11. Leave a kind note or drawing for someone to find.
12. Help a neighbor with yard work or pet care.
13. Collect and recycle trash in your neighborhood or at a park.
14. Volunteer at a local food bank or soup kitchen.
15. Be a good sport during games and activities.
16. Offer to read a book or tell a story to a younger child.
17. Share your umbrella with someone on a rainy day.
18. Make a friendship bracelet or gift for a friend or sibling.
19. Offer to help carry someone's heavy bag or backpack.
20. Say "please" and "thank you" to show good manners.
21. Be patient and understanding with friends and family members.
22. Use your allowance to buy a small gift for someone you care about.
23. Give someone a high-five or thumbs up for a job well done.
24. Help classmates with a project or task during group work.
25. Share a funny joke or story to make someone laugh.
26. Teach someone a new skill or game that you know.
27. Help set the table or clean up after a meal.
28. Offer to walk a friend or neighbor's dog.
29. Say "I'm sorry" when you make a mistake or hurt someone's feelings.
30. Share your snack with someone who doesn't have one.
31. Draw a picture to brighten someone's day.
32. Be a good listener when someone wants to talk.
33. Plant flowers or trees to beautify your neighborhood.
34. Donate clothes you've outgrown to a local charity.
35. Make and deliver homemade treats to neighbors or friends.
36. Paint kindness rocks and leave them outside for someone to find and bring a smile.
37. Write a letter of appreciation to a community helper, like a firefighter or police officer.
38. Compliment someone on their outfit or appearance.
39. Encourage a friend who is struggling with a task or activity.
40. Let someone go ahead of you in line.
41. Help someone pick up something they dropped.
42. Say "good morning" or "hello" to people you see during the day.
43. Offer to help a friend study for a test or complete a project.
44. Leave a kind message in a library book for the next reader to find.
45. Ask someone about their day and genuinely listen to their response.
46. Make someone's day by giving them a small, unexpected gift.
47. Write positive messages on sticky notes and place them around your school or community.
48. Help your parents or guardians make dinner or pack lunches.
49. Lend a pencil or school supplies to a classmate who needs one.
50. Smile and be kind to everyone you meet, you never know what they are going through.