

# 40 Acts of Kindness



Check off each act of kindness you complete. Complete the full list, get 5 raffle tickets. Complete 20, get 3 raffle tickets. Complete 5-10 and get 1 extra raffle ticket. For those you can get photo proof, snap away!

- Smile at a stranger
- Give a compliment
- Write a nice note & leave it for someone to find
- Plant something
- Bring candy to someone (Police, Bank Teller etc.)
- Hold a door open for someone
- Call a grandparent and ask about their childhood
- Bake something for a friend or neighbor
- Pick up some litter (trash)
- Let someone go ahead of you in line
- Donate something
- Thank a mailman, garbage man or any other "service" member
- Set the table at dinner
- Help make dinner
- Help clean up after dinner
- Leave bubbles for someone
- Write a nice message in chalk on a sidewalk so many can see
- Tell someone you love them
- Teach someone something new or that they didn't know about
- Tell a joke, make someone laugh
- Send a postcard/card to someone in the armed forces
- Send a postcard/card to a children's hospital
- Do a chore without being asked
- Out food shopping with a grown up? Help an elderly person to their car with their groceries.
- Return your shopping cart (with a grown up) to the return area
- Feed the birds – seeds or something that is not harmful
- Read to a younger sibling or cousin – can be via FaceTime or Skype!
- Write a poem and leave it in a library book for someone to enjoy
- Make a gift for someone
- Call a family member just to say hello.
- Leave a quarter in a vending machine or parking meter
- Give someone a hug
- Finished reading a book? Leave it at a café or random place with a nice note Ex: "I'm free-enjoy me".
- Give a flower to someone
- Bring old newspapers or a blanket to an animal shelter
- Share something
- Make breakfast for a grown up
- Go to lunch with a friend and have screen free time
- Wash someone's car – summer fun!
- Be kind to yourself – do something for you!