

100 ACTS OF KINDNESS

for kids

1. Take a treat to a neighbor
2. Smile at everyone you meet
3. Hold the door for someone
4. Take out someone's garbage cans
5. Bring in someone's garbage cans
6. Heart attack someone's door
7. Give gifts to a local hospital
8. Give sincere compliments
9. Participate in a sub-for-Santa
10. Buy hot chocolate for a stranger
11. Unplug and spend time as a family
12. Do yard work for a neighbor
13. Babysit for free
14. Donate books
15. Organize a book drive
16. Set up a Free Little Library
17. Ask someone about their day
18. Plant flowers
19. Make a new friend
20. Teach someone something new
21. Secretly do a chore for someone
22. Share your talents
23. Bring someone flowers
24. Donate clothes you no longer wear
25. Go through your toys to donate
26. Pick up trash outside
27. Donate food to the Food Bank
28. Volunteer to walk the neighbor's dog
29. Make a meal for someone in need
30. Read to a child or younger sibling
31. Forgive someone
32. Let someone go in front of you in line
33. Plant a tree
34. Set the table for dinner
35. Give a hug
36. Complain less
37. Start a family history
38. Wash someone's car
39. Leave a kind letter in a library book
40. Return grocery carts in the parking lot
41. Compliment the teachers in your life
42. Pull weeds without being asked
43. Volunteer for a non-profit
44. Donate box tops to the school
45. Volunteer at an animal shelter
46. Volunteer at a soup kitchen
47. Visit a local senior home
48. Donate old eyeglasses
49. Make a birdfeeder for the birds
50. Help your family recycle
51. Put change in a vending machine
52. Deliver treats to the school staff
53. Leave happy notes around town
54. Send a care package to a college family member
55. Paint rocks and leave around town
56. Pick up trash around the neighborhood
57. Call a friend and tell them you're grateful for them
58. Do something special for a family member or friend
59. Improve the school grounds
60. Pray specifically for the people in your life
61. Put love notes on people's car windows in a parking lot
62. Write a thank you note for the mail carrier
63. Say hello to everyone you see
64. Reach out to a friend you haven't seen in awhile
65. Talk to someone new at school
66. Collect money or items for your favorite charity
67. Make a candy gram for someone special
68. Make a homemade gift for someone
69. Wave at kids on school buses
70. Call your grandparents and write down their life stories
71. Check in on elderly neighbors
72. Set up a lemonade stand and donate the profits
73. Make a fun dinner for the family or ask to help with dinner
74. Pass out stickers to kids waiting in line at the store
75. Write chalk messages on the sidewalk
76. Buy extra school supplies for your teacher
77. Ask for donations instead of presents at your next birthday
78. Take care of someone's pet while they're out of town
79. Clean your room without being asked
80. Offer to take a picture for a group
81. Share messages of kindness and love on social media
82. Make a get well soon card for someone
83. Donate coloring books and crayons for kids in the hospital
84. Collect socks for the homeless shelter
85. Deliver handmade crafts to neighbors
86. Bury treasure at the playground
87. Wipe the playground slides after it rains
88. Write thank you notes to those who serve you
89. Say thank you to the grocery clerks and lunch ladies
90. Create hygiene bags to give to the homeless
91. Help a family member with something in need
92. Save loose change to give to someone in need
93. Help a child or younger sibling with homework
94. Look up service opportunities on JustServe.org
95. Invite a family over to your house to play games
96. Write letters to those serving in the armed forces
97. Fast specifically for the people in your life
98. Drop off a treat and note to your local fire station
99. Drop off a treat and note to your local police station
100. Draw a picture or make a card for someone