

50 Acts of Kindness

1. Smile at everyone you meet.
2. Hold the door open for someone.
3. Do a chore for someone without them knowing.
4. Tell a joke.
5. Return someone's cart at the store.
6. Say thank you to your school custodian.
7. Leave a post-it with a positive message in a library book.
8. Feed the birds.
9. Put change in a vending machine.
10. Put a small bin in your car to collect recycling.
11. Call your grandparents and ask them about their childhood.
12. Pick up litter.
13. Let someone go ahead of you in line.
14. Compliment a friend.
15. Wash someone's car.
16. Write a thank you note for your mail carrier.
17. Plant something.
18. Bake dessert for a neighbor
19. Walk dogs at the animal shelter.
20. Check in on an elderly neighbor.
21. Set up a lemonade stand and donate the profits.
22. Give your old toys to a young friend or neighbour.
23. Bury treasure at the playground.
24. Set the table for dinner.
25. Leave bubbles on someone's doorstep.
26. Write a note for someone's lunch.
27. Tell someone why they are special to you.
28. Donate outgrown clothes.
29. Buy a coffee for a stranger.
30. Pass out stickers to kids waiting in line.
31. Talk to someone new at school.
32. Write chalk messages on the sidewalk.
33. Weed or shovel for a neighbor.
34. Donate food to the food bank.
35. Bring flowers to your teacher.
36. Help make dinner.
37. Donate socks and supplies to the homeless shelter.
38. Dry the slides at the park with a towel after it rains
39. Ask for donations instead of birthday gifts.
40. Bring your neighbors' garbage cans up for them
41. Take treats to the fire station.
42. Read a book to someone
43. Tell the principal how great your teacher is.
44. Donate a book to a doctor's office waiting room.
45. Sing songs at a nursing home.
46. Say hello to everyone you see.
47. Make someone else's bed.
48. Hold the door open for someone.
49. Wave at kids on school buses.
50. Tell someone how much you love them.

Even more ideas?
