

50 RANDOM ACTS OF KINDNESS

- Compliment the first 3 people that you talk to.
- Call your grandparents just to say hi.
- Create Random Acts of Kindness candy bags and hand them out to friends or classmates with a little “I hope this brightens your day” note.
- Hold the door open for 4 people today.
- Play a game with a sibling.
- Post inspirational sticky notes around your house or at school.
- Ask how you can help someone who is having a difficult time right now.
- Make cookies for your family.
- Cheer on a friend.
- Buy flowers for someone.
- Practice self-kindness and spend 30 minutes doing something you love today.
- Send a positive text to 5 people in your contact list.
- Make a list of things that you are grateful for.
- Write a positive note on a friend’s social media account.
- Give a hug to a friend or loved one.
- Carry in the groceries without being asked.
- Tell someone a joke.
- Donate to a food bank.
- Bring a treat to your bus driver.
- Pick up trash at the park.
- Write a thank you note or text and send it to someone.
- Sit next to someone new.
- Use chalk to write positive notes on your driveway or sidewalk.
- Bring a treat to a friend or neighbor.
- Volunteer with an organization or a cause that is important to you.
- Smile at 5 strangers.
- Say “Thank you. Have a nice day!” to someone who holds the door for you.
- Put down your phone and have an uninterrupted conversation with someone.
- Create a Good News Jar for your family to write down good things that happen and collect them throughout the year.
- Write, email or text someone who made a difference in your life and tell them about it.
- Leave a kind server a generous tip.
- Plan a movie or game night for your family or friends.
- Be a positive example to others.
- Let someone go in front of you in line.
- Thank a teacher, coach or other trusted adult.
- Donate your old clothes or toys to a good cause.
- Prepare a meal for your family.
- Create Kindness Rocks and leave them around your neighborhood.
- Stick up for a friend.
- Make a card for someone special.
- Reconnect with an old friend.
- Bake treats and deliver them to the police station.
- Return carts to a store.
- Leave notes of encouragement on people’s cars.
- Do a favor for someone without asking for anything in return.
- Make a donation to a favorite charity or cause.
- Do a sibling’s chores without being asked.
- Leave a surprise treat in your mailbox for your postman.
- Take time to listen to someone.
- Write down 3 compliments for each family member and put them on their bedroom door.

Kindness is contagious. Pass it on!