

Random Acts of Kindness

Smile at everyone you see today

Give a parent a hug out of the blue

Hold the door open for someone

Color pictures and mail them to people you love

Leave some coins on the sidewalk

Host a virtual game night with friends

Add encouraging chalk messages on the sidewalk

Make your parents breakfast, lunch or dinner

Donate an unwanted toy to charity

Call your grandparents

Tell someone a joke

Donate clothes that don't fit anymore

Surprise someone with a letter in the mail

Call a friend that you don't talk to often to say hello

Clean your room without being asked

Make it a no-complaining day

Make kindness rocks to leave in the park

Make a card for someone special

Draw a picture for someone

Do someone else's chores for them

Pick up litter in your neighborhood

Ask someone how they are doing and be a good listener

Leave a thank you note for your mail person

Send someone you know a picture of a cute animal

Donate food to a food bank

Look in the mirror and give yourself a compliment

Give someone a compliment

Tell each family member one thing you love about them

