

110 Acts of Kindness for Children

1. Donate clothes to charity (leaving a happy note in the pocket)
2. Donate to the local food bank
3. Leave change in a vending machine
4. Sort through your toys and donate any that you no longer play
5. Leave chalk messages around where you live
6. Sharpen all the pencils in the classroom at break time
7. Write a letter to your sibling telling them why you love them
8. Leave a beautiful homemade bookmark in your library book and give one to the Librarian
9. Leave the pound in the shopping trolley next time you go to the supermarket
10. Deliver cookies to your neighbours
11. Tidy your bedroom without being asked
12. Sit next to someone you normally don't at the lunch table
13. Make a bird feeder
14. Send a care package to someone in the military
15. Find three of your toys to give to the local children's hospital
16. Pass on some of your books to friends
17. Give a lottery ticket to a stranger
18. Donate books to your school library
19. Leave out water for the birds Write thank you cards for your teacher, coach, Cubs leader or people that have influenced you in a positive way
20. Clean up the area where you live by picking up litter.
21. Make sure you wear gloves and do it with an adult.
22. Help around the house without being asked to
23. Donate pet food to a local shelter
24. Put together a shoebox for your local church
25. Write a thank you note for the bin collectors and post person
26. Wash your parent's car
27. Give a homeless person a blanket
28. Take everyone in your class a cookie
29. Offer to help an elderly friend or neighbour
30. Make a thank you card for the school crossing staff
31. Offer to pack the shopping bags of the person in front of you and behind you at the supermarket
32. Invite a new friend for a play date or out to play
33. Walk someone else's dog
34. Give out a compliment
35. Give out free hugs today
36. Hold the door open for people all day
37. Smile all day
38. Let someone go in front of you in a queue
39. Introduce yourself to someone new at school and chat with them
40. Ring an elderly relative and have a nice chat with them

41. Donate this week's pocket money to charity
42. Do a chore for someone without them knowing
43. Tell a joke
44. Leave happy notes around town
45. Put a small bin in your car to collect recycling
46. Call your grandparents and ask them about their childhood
47. Bake dessert for a neighbour
48. Check in on an elderly neighbour
49. Set the table for dinner
50. Leave bubbles on someone's doorstep
51. Tell someone why they are special to you
52. Buy a coffee for a stranger
53. Pass out stickers to kids waiting in line
54. Garden for a neighbour
55. Bring flowers to your teacher
56. Tape change to a parking meter
57. Call a friend you haven't seen in a while to say hello
58. Tape money for the ice cream van to a friend's front door
59. Read a book to someone
60. Leave pennies on the pavement
61. Donate a book to a doctor's office waiting room
62. Tell someone how much you love them
63. Say hello to everyone you see
64. Make someone else's bed
65. Wave at kids on buses
66. Invite someone to play on the playground
67. Tell the head teacher how great your teacher is
68. Turn off the water while brushing your teeth
69. Make a busy bag for a family with young children
70. Help make dinner
71. Donate new pyjamas for poorly children in hospital
72. Make a get-well card for someone
73. Bring your neighbours' wheelie bins or garbage cans up for them
74. Take care of someone's pet while they're away
75. Share a special toy with a friend
76. Tape a video message for faraway friends
77. Leave kindness stones at the park
78. Buy extra school supplies for a teacher
79. Teach someone something new
80. Reuse paper when you are drawing
81. Give someone a hug coupon
82. Volunteer at a soup kitchen
83. Collect money or items for your favourite charity
84. Donate colouring books and crayons to the children's hospital

85. Write a poem for a friend
86. Ask for donations instead of birthday gifts
87. Adopt an animal online
88. Make a homemade gift for someone
89. Clean up your toys without being asked
90. Dry the slides at the park with a towel after it rains
91. Make play dough for a friend
92. Send a postcard to a friend
93. Volunteer to help coach younger kids at sports
94. Empty all the bins at home
95. Empty the dishwasher without being asked
96. Handout ice pops/popsicles to friends
97. Water a neighbour's garden if they are away
98. Write a letter to your mum and dad saying why you think they are special
99. Try saying yes for the day
100. Offer your seat
101. Help your coach with any sports equipment
102. Visit a sick friend or relative
103. Buy a cool drink for someone
104. Don't interrupt when someone else is speaking
105. Help someone cross the road
106. Bring your parents breakfast in bed
107. Make some kindness hearts
108. Sort the recycling
109. Every night before you go to bed, think of three things you're grateful for
110. Don't shout today

