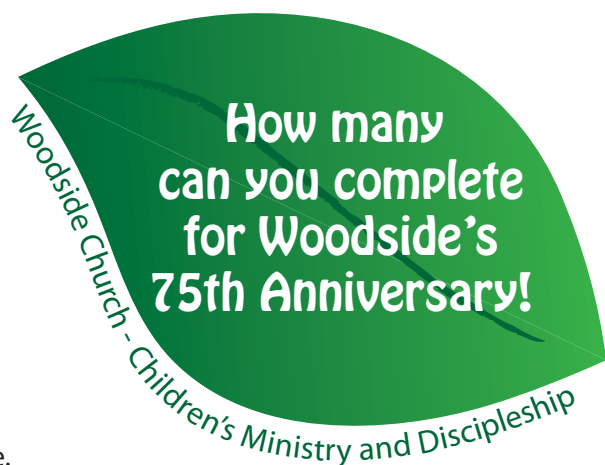


75 Acts of Kindness

1. Hold the door open for someone.
2. Do a chore for someone without them knowing.
3. Leave a letter of encouragement in a library book.
4. Leave "Jesus loves you!" notes around town.
5. Call your grandparents.
6. Pick up litter (wear gloves!).
7. Let someone go ahead of you in line.
8. Compliment a friend.
9. Write a thank you note to your mail carrier.
10. Plant something.
11. Send a card to a service member.
12. Set the table for dinner.
13. Tell someone why they are special to you.
14. Donate outgrown clothes.
15. Write chalk messages on the sidewalk.
16. Weed or shovel for a neighbor.
17. Donate food to the food pantry.
18. Bring flowers to your teacher.
19. Read a book to someone.
20. Make someone's bed.
21. Tell the principal how great your teacher is.
22. Pray for your school and church.
23. Make a thank you sign for sanitation workers.
24. Make a get well card for someone.
25. Help make dinner.
26. Bring your neighbor's trash cans up for them.
27. Clean up your room without being asked.
28. Write a note for someone's lunch.
29. Smile at everybody. It's contagious!
30. Teach someone something new.
31. Write a note to a friend and mail it.
32. Help clean up a mess that's not yours.
33. Make a homemade gift for someone.
34. Send an ecard to a child in the hospital.
35. Write a thank you note for police officers.
36. Make a thank you card for your librarian.
37. Write a thank you note to a coach or teacher.
38. Help with something without being asked to.
39. Help a parent unload the groceries from the car.
40. Leave kindness stones around your neighborhood.
41. Let your parents or sibling pick a TV show to watch.
42. Clear more than just your plate from the dinner table.
43. Record a video message for a relative who lives far away.
44. Sort through your toys and donate any that you no longer play with.
45. Every night before you go to bed, think of three things you're grateful for.
46. Write a letter to your mom and dad saying why you think they are special.
47. Leave a beautiful homemade bookmark in your library book and give one to the Librarian.
48. Place large signs with kind messages in your windows so people can be inspired as they drive or walk by.
49. Make a bird feeder.
50. Donate part of your allowance to church.
51. Empty all the garbage cans in your house.
52. Water the plants.
53. Make your parents breakfast, lunch or dinner.
54. Thank the person who made you a meal.
55. Empty the dishwasher without being asked.
56. Have a 'No Complaining!' day.
57. Only use kind and positive words.
58. Give your parents extra hugs all day.
59. Make a list of 10 things you are thankful for.
60. Make a yummy treat for someone.
61. Set up a game night for your family.
62. Do something nice for yourself.
63. Apologize sincerely when you should.
64. Pick up something someone dropped.
65. Pray for your family and friends.
66. Do an extra chore.
67. Be extra patient all day.
68. Make placemats for dinner.
69. Help put the groceries away.
70. Lead a prayer before dinner.
71. Give someone a hug coupon.
72. Pray for a current event.
73. Bring flowers to a neighbor.
74. Thank 3 people.
75. Create your own act of kindness!



75 Acts of Kindness - Chart

Color in a leaf each time you complete an act of kindness.

