

Random Acts of Kindness Ideas

There are certainly other ways to be kind! These are just some ideas to get you started:

- Color or draw a picture for someone
- Invite someone to play with you at recess
- Help a sibling do their chores
- Give someone an air "High Five"
- Make your bed at home
- Have a "no complaining" day
- Do a favor for someone without asking for anything in return
- Donate a toy you no longer use
- Give a silent wave when you pass someone alone in the hall
- Tell a teacher or an adult that they are doing a good job
- Forgive someone
- Pick up litter when you see it
- Recycle
- Smile at everyone you see
- Let someone go ahead of you in line
- Help with shoveling snow at home
- Give a parent/important person a big hug
- Say please and thank you to the cafeteria workers at breakfast/lunch
- Clean up a mess you didn't make
- Ask someone "How's your day going?"
- Leave a happy note somewhere
- Play with a friend or sibling and let them choose the activity
- Say sorry if you have done something wrong
- Hold the door for someone
- Compliment a friend
- Teach someone something new
- Send a postcard to a friend or family member
- Ask someone if you can help them- and then do it!
- Hang up all your winter gear when you come in from recess
- Help set the table for dinner
- Help wash the dishes
- Share your toys with your brother or sister
- Say please and thank you
- Clean your room without being asked
- Make a homemade gift and send it to a relative
- Write a thank you note to an adult in the school
- Smile and say "Good Morning" to an adult in the school.
- Send a thank you card to a soldier
- Send a thank you card to the police department or fire department
- Leave positive notes with sidewalk chalk
- Entertain someone with a happy dance
- Slip a positive note into a friend's backpack.
- Help a younger student (tie their shoe, carry a heavy load)
- Cut out five hearts and give them to friends
- Make a kind poster for the cafeteria workers
- Offer to help Mrs. Paramo
- Help Mrs. Palecek with clean up
- Write a thank you note to the school nurse
- Learn to say hello in a different language
- Say thank you to your bus driver
- Be a respectful listener
- Be kind to yourself and eat a fruit or vegetable
- Be kind to yourself and write down something you are grateful for
- Be kind to yourself and practice one minute of mindful breathing
- Give a genuine compliment to someone else
- Give your pet extra attention after school
- Say kind words to yourself
- Leave a book in a Little Free Library
- Catch yourself complaining and stop!
- Ask an adult how their day is going
- Volunteer to be last in line
- Congratulate someone who won in a game you were playing
- Write down three kind things that someone has done for you this week
- Hide nice notes around where you live for family to find
- Tell a family member three things that make them super special
- Make a video about things you are grateful for
- Leave kindness rocks at a park
- Donate to a food pantry
- Send a card to a nursing home to brighten someone's day
- Send a thank you to a healthcare worker
- Tell a joke to someone to make them laugh
- Call someone you haven't talked to in a while
- Read a book to someone
- Make a get well card for someone
- Help make dinner