

random acts of kindness

ways to show others
how much you care

random acts to do for your community

1

Buy lemonade from a
child's lemonade stand

5

Give an unexpected
compliment

2

Make your neighbor a
batch of cookies

6

Leave encouraging sticky
notes around town

3

Introduce yourself to your
neighbor

7

Be kind on social media

4

Smile at someone
who looks sad

8

Pick up litter
when you see it

random acts to do for family

1

Call a long-
distance
relative just
to say hi

2

Fold and
put away
your family's
laundry

3

Do the dishes
after dinner,
without
being asked

4

Write an
encouraging
note to a
family member

5

Put away your
phone at the
dinner table

random acts to do at school

- 1

Hold the door open for someone
- 2

Let someone cut in front of you in line
- 3

Help clean up after lunch
- 4

Write a note to a teacher who has impacted your life
- 5

Help a classmate study for a test
- 6

Make a new friend
- 7

Be on time
- 8

Tell someone who is having a bad day a joke
- 9

Eat lunch with someone new
- 10

Get to know your teacher

3 random acts to do for yourself

- 1

Go to bed an hour early
Going to bed early can help regulate your sleep schedule.
- 2

Make your bed
Making your bed each morning can decrease your stress levels.
- 3

Watch the sunrise or sunset
Watching the sunrise or sunset can increase your gratitude for the world.

random acts to do for a friend

- 1

Tell them you are proud of them
- 2

Send someone a song you think they would like
- 3

Make amends with someone
- 4

Send a random text of encouragement
- 5

Bring soup to a sick friend
- 6

Plan a fun activity to do together