

# 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