


150 RANDOM ACTS OF KINDNESS

1. Hold the door open for someone.
2. Do a chore for someone at home without them knowing.
3. Tell a joke to someone who is having a bad day.
4. Stick up for someone who is being bullied.
5. Return someone's cart at the store.
6. Invite someone to sit with you at lunch.
7. Leave a kind letter in a library book.
8. Leave happy notes around school or home.
9. Call your grandparents and ask them about their childhood.
10. Pick up litter in the hallway or sidewalk.
11. Let someone go ahead of you in line.
12. Compliment a friend.
13. Wash someone's car.
14. Write a thank you note for your mail carrier.
15. Plant a tree.
16. Bake dessert for a neighbor.
17. Walk dogs at the animal shelter.
18. Check in on an elderly neighbor.
19. Set up a lemonade stand and donate the profits.
20. Send a card to a soldier.
21. Set the table for dinner.
22. Tell someone why they are special to you.
23. Donate outgrown clothes to a charity.
24. Talk to someone new at school.
25. Shovel for a neighbor.
26. Donate food to the food pantry.
27. Bring flowers to a staff member at school.
28. Tell a waiter/ waitress how good their service was.
29. Tape change to a parking meter.
30. Donate socks and supplies to the homeless shelter.
31. Call a friend you haven't seen in a while to say hello.
32. Take treats to the fire station.
33. Apologize to someone you hurt in the past.
34. Help someone pick up things they dropped.
35. Take your grandma/ grandpa out for lunch.
36. Read a book to someone.
37. Leave heads up pennies on the sidewalk.
38. Donate a book to a doctor's office waiting room.
39. Tell someone you care about how much you love them.
40. Say hello to everyone you see.
41. Hold the door open for someone.
42. Wave at kids on school buses.
43. Sing songs at a nursing home.
44. Invite someone to play games with you.
45. Tell a staff member at school that you appreciate them.
46. Donate a toy to Toys for Tots.
47. Say thank you when you see service members.
48. Fill a kindness jar with candy for another family.
49. Make a thank you card for sanitation workers.
50. Make a bag of treats for a family.
51. Bring cookies to staff members.
52. Help make dinner.
53. Donate new clothes to a charity.
54. Make a get well card for someone.
55. Bring your neighbors' garbage cans up for them.
56. Take care of someone's pet while they're away.
57. Leave a popcorn surprise on a DVD rental machine.
58. Clean up your room without being asked.

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59. Tape a video message for faraway friends.
 60. Leave kindness stones at the park.
 61. Give a candy bar to the bus driver.
 62. Send dessert to another family at a restaurant.
 63. Give spare change to the food pantry.
 64. Buy extra school supplies for a teacher.
 65. Make muffins for someone.
 66. Teach someone something new.
 67. Draw a picture for someone.
 68. Volunteer at a soup kitchen.
 69. Donate money or items for your favorite charity.
 70. Donate coloring books and crayons to the children's hospital.
 71. Write a poem for a friend.
 72. Ask for donations instead of birthday gifts.
 73. Help someone unload groceries at the store.
 74. Make a candy gram for the police department.
 75. Collect books for a library.
 76. Make a homemade gift for someone.
 77. Put away your phone at the dinner table.
 78. Make dinner for your family.
 79. Deliver water bottles to the homeless shelter.
 80. Create activity bags for families of deployed soldiers.
 81. Give high fives to a friend.
 82. Send a postcard to someone.
 83. Smile at everybody. It's contagious!
 84. Write thank you notes to someone.
 85. Leave money on vending machine for someone.
 86. Bake cookies for the elderly.
 87. Give a stranger a compliment.
 88. Buy someone flowers.

89. Leave post-it-notes of encouragement on random lockers.
90. Buy a movie ticket for the person behind you.
91. Pay for someone's meal at a restaurant.
92. Write letters to soldiers.
93. Donate gifts to an orphanage.
94. Partner with someone in your class that has a hard time finding one.
95. Participate in a fundraiser.
96. Use your allowance to donate to a charity.
97. Help an elderly person with their groceries.
98. Babysit for free.
99. Do a favor without asking for anything in return.
100. Compliment someone's art work.
101. Show the new kids around your school.
102. Learn to say hello in different languages to different people.
103. Wash the dishes.
104. Help a child or older person cross the street.
105. Water a neighbor's lawn/flowers.
106. Give someone a gift card that you don't intend to use.
107. Wash someone's car.
108. Read to kids at the library for story time.
109. Volunteer your time at a retirement home.
110. Befriend someone you don't know.
111. Spend time with your grandparents.
112. Make a family member breakfast in bed.
113. Hold the elevator for someone.
114. Pack someone a lunch for the day.
115. Write a kind or encouraging message on a napkin.
116. Let someone else pick what to watch on TV.

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117. Rake the leaves for your neighbors.
118. Take the day to not complain.
119. Write a list of things that you adore about a friend.
120. Spread some encouragement online.
121. Give up your seat on the bus to another person.
122. Offer someone your pen or pencil.
123. Lend a friend a favorite book/movie.
124. Take your younger siblings out to play.
125. Organize a family game night.
126. Make up a holiday in honor of someone you appreciate & surprise them with balloons and a card.
127. Help tutor a struggling student.
128. Pay for another student's lunch.
129. Take the time to listen to someone.
130. Recycle things that you see in the road.
131. Make someone a homemade blanket or scarf.
132. Leave some change on a wishing fountain.
133. Help out the janitors at school.
134. Donate your hair after a haircut.
135. Give your umbrella to a stranger.
136. Offer compliments to strangers and friends and family.
137. Buy your waiter/waitress dessert.
138. Sit by someone who is sitting alone at lunch.
139. Help café workers by cleaning up the tables and floors.
140. Say thank you to those who are doing positive things in school
141. Tell a student they are doing a good job on something.
142. Carry a student's books to their class.
143. Straighten up the classroom or the library

144. Fix something for someone.
145. Make a cootie catcher of positive quotes and give them to someone
146. Tell someone you are happy to see them
147. Buy a thoughtful gift for someone
148. Sit next to and talk to someone who looks upset and try cheering them up.
149. Say please and thank you as much as possible.
150. Be kind to yourself!

*Be the change
YOU WISH TO SEE
IN THE World*



CHANGE!!!