

Acts of Kindness for Children

1. Donate clothes to charity (leaving a happy note in the pocket)
2. Donate to the local food bank
3. Sort through your toys and donate any that you no longer play
4. Write a letter to your sibling telling them why you love them
5. Leave a beautiful homemade bookmark in your library book and give one to the Librarian
6. Deliver cookies to your neighbours
7. Tidy your bedroom without being asked
8. Make a bird feeder
9. Find three of your toys to give to the local children's hospital
10. Pass on some of your books to friends
11. Leave out water for the birds
12. Write thank you cards for your teacher, coach, Cubs leader or people that have influenced you in a positive way
13. Clean up the area where you live by picking up litter, make sure you wear gloves and do it with an adult.
14. Help around the house without being asked to
15. Donate pet food to a local shelter
16. Wash your parent's car
17. Offer to help an elderly friend or neighbour, with an adult
18. Give out a compliment
19. Hold the door open for people all day
20. Smile all day
21. Do a chore for someone without them knowing
22. Tell a joke
23. Call your grandparents and ask them about their childhood
24. Set the table for dinner
25. Read a book to someone
26. Say hello to everyone you see
27. Make your brother or sister's bed, or even mum and dad's
28. Turn off the water while brushing your teeth
29. Help make dinner
30. Make a get-well card for someone
31. Leave kindness stones at the park
32. Reuse paper when you are drawing
33. Give someone a hug coupon
34. Write a poem for a friend
35. Make a homemade gift for someone
36. Clean up your toys without being asked
37. Send a postcard to a friend
38. Empty all the bins at home
39. Empty the dishwasher without being asked
40. Write a letter to your mum and dad saying why you think they are special