KINDNESS
Pass it on!

Give a flower    Eat lunch with someone new
Listen with your heart    Visit a sick friend
Clean a neighbor’s walk    Offer a hug
Give an unexpected gift    Make a new friend
Pick up litter    Say “hello”    Call a lonely student
Open a Door    Help carry a load    Plant a tree
Pass a kindness on    Share a snack
Cheer up a friend    Thank a Teacher    Lend a hand
Read to a young child    Do a kind act daily
Leave a thank you note    Offer your seat
Cycle courteously    Be tolerant    Let another go first
Bake cookies for firefighters    Give a compliment
Help a student make friends    Assist an adult
Give a balloon away    Lend a classmate a pencil
Celebrate something every day    Encourage a friend
Respect others    Walk a dog    Do a favor
Forgive mistakes    Smile at someone new

www.actsofkindness.org