



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

the random acts
of kindness foundation