



Random Acts of Kindness



Share your talents. Are you good at a sport or computer game? Coach someone who wants to learn to play.



Start a collection at your school of used toys and books that are still in good condition. Donate them to a homeless shelter for families or a children's hospital ward.



Thank someone who performs a service for your family, such as delivering your newspaper, taking away your garbage, or bagging your groceries.



Decorate placemats or greeting cards to be delivered with meals to people who are elderly and disabled through the Meals on Wheels program in your town.



Set the situation right if you see a younger child being bullied or treated unfairly.



Surprise the school nurse, secretary, or janitor by bringing them a treat.



Return some carts to the cart corral in the parking lot of your supermarket.



Set aside a jar in your classroom to collect spare change. Have the class decide on a goal amount. When it has been reached, vote to decide what charitable organization should receive the money.



Write to someone who did a kindness you have never forgotten. Thank them for what they did.



Clean up your living room the next time you notice that it is messy.



Organize your friends to bake enough cookies for every senior citizen at the nursing home near you.



Collect ideas for random acts of kindness. Post them on your classroom door or some other spot where they can serve as a reminder.



Refuse to be a part of teasing or gossip.



Get to know a classmate who has a different cultural background than yours. Learn about that person's family and customs.



Pick up litter you find on the grounds of your school or church.