

30 Days of Random Acts of Kindness

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1. Compliment someone
2. Recycle bottles
3. Give a smiley face picture to someone
4. Visit a nursing home
5. Share toys with siblings
6. Make cards for someone
7. Tithe allowance
8. Help someone with yard work
9. Call a grandparent just to say hi
10. Read to a sibling
11. Do an extra chore
12. Bake cookies for someone
13. Write kind words on rocks
and leave them at a park
14. Let someone go ahead of you in line
15. Smile
16. Create care packages
17. Put change in a vending machine
18. Write letters to the military/veterans
19. Eat with someone new at lunch
20. Encourage someone
21. Help clean up a mess
22. Tell your parents you love them
23. Clean your room without being asked
24. Donate food to a food drive
25. Write a letter to grandma
26. Give a hug
27. Sponsor a child
28. Bring dessert to the neighbor
29. Make a birdfeeder
30. Ask others to continue
acts of kindness

kindness
matters!