

20 EVERYDAY ACTS OF KINDNESS FOR ALL KIDS

1. Set the table for mom/dad for breakfast and/or dinner
2. Hold the door open when leaving the house for your parents and/or siblings.
3. Be kind to your bus driver by saying hello when you get on the bus and also saying goodbye when you get off the bus.
4. Say hello to as many as you can at school, such as teacher, principal, school officials and classmates.
5. Let your friend go first getting lunch.
6. Help with feeding or walking the family dog.
7. Try to make a new friend at school.
8. Collect foods and canned goods for a food drive at school.
9. Help your younger sister or even a friend if they need with homework.
10. Say something nice to a friend or family member at least once every day.
11. Color a picture for a friend, family member or teacher.
12. Clean up your toys/books/clothes and donate those you no longer to the children who are in need.
13. At school pick up trash and put it in the garbage can or help your teacher clean up the classroom.
14. Spend quality time with your grandparents.
15. Write a note to your parent(s) or grandparent(s) and tell them you love them.
16. Do chores around the house without being asked to do so.
17. Read read a book to your sibling.
18. Go grocery shopping with your mom/dad and help carry the bags into the house.
19. Give a hugs to your parents, grandparents, siblings or friends, just because you can and love them.
20. Smile Daily, because smiling is easy and happiness begets happiness!