

80 Acts of Kindness Ideas for Parents and Children to do Together

- o Compliment the first three people you talk to today.
- o Send a text message to three friends/family members and have your child compose it. They are usually more generous in their words.
- o Post inspirational sticky notes around your neighborhood, local store, school, etc.
- o Tell someone they dropped a dollar (even though they didn't). Then give them a dollar.
- o Donate old towels or blankets to an animal shelter.
- o Say hi to the person next to you on the elevator.
- o Surprise a neighbor with freshly baked cookies or treats.
- o Send a friend your favorite song via iTunes.
- o Let someone go in front of you in line at the grocery store.
- o Leave a gas gift card at a gas pump.
- o Leave a roll of quarters at the laundromat.
- o Encounter someone in customer service who is especially kind? Take an extra five minutes to tell their manager.
- o Leave unused coupons next to the corresponding products in the grocery store.
- o Leave a note on someone's car telling them how awesome they parked.
- o Try to make sure every person in a group conversation feels included.
- o Write a kind message on your mirror with a dry erase marker for your kids for when they wake up in the morning.
- o Place a positive body image notes in jean pockets at a department store.
- o Smile at five strangers.
- o Send a gratitude email to your child's principal in recognition of their teacher. Have your child help craft the email for specific examples to personalize the email.
- o Give away stuff for free online or during a neighborhood garage sale.
- o Write a gratitude list in the morning and again in the evening.
- o Know parents who could use a night out? Offer to babysit for free.
- o Buy a terracotta pot. Have your kids draw happy pictures on the pot and give it to someone to brighten their day.
- o Have a friend with a cold or the flu? Make them a get-well basket filled with tissues, soup, cough drops, warm socks, etc.
- o Have a clean-up party at a beach or park.
- o While you're out, compliment a parent on how well-behaved their child is.
- o Put paper hearts in a box. On each cutout write something that is special about someone in your family. Give them the box and tell them to pull out a heart anytime they need a pick-me-up.
- o Learn the names of everyone you meet on a regular basis, so you can greet them by name. This is a good way to show our children that everyone is important.
- o Write your children an ABC list of things you love about them. For each letter describe them.
- o Purchase extra dog or cat food and bring it to an animal shelter.
- o Send a coffee to someone through your phone by sending them an electronic \$5 gift card to Starbucks.
- o Take treats to your child's pediatrician's office.
- o Paint rocks and write an encouraging word on it.
- o Send a Thank you card or note to the officers at your local police or fire station.
- o Take muffins or cookies to your local librarians.
- o Run an errand for a family member who is busy.
- o Bring your extra magazines to a local nursing home or pediatrician's office.
- o Leave a box of goodies in your mailbox for your mail carrier.
- o Leave bubbles around a playground for kids to find.
- o Give a coffee or hot chocolate to your kid's bus driver or the teacher that stands outside for the carpool lane.
- o Leave some change in the candy machine for the next person.
- o Take the neighbor's trash cans off the curb and place near their house.
- o Bake cookies and share them with a nearby nursing home.
- o Pack small necessity bags and keep them in your vehicle for the homeless.
- o Give someone a free printable set of Scripture cards.
- o Take a selfie with the "I Love You" sign and send it to your loved one.
- o Call the oldest living relatives you have.
- o Pay off someone's layaway bill.
- o Buy a coffee for the person behind you in the drive through lane.
- o Collect canned food at your birthday party or get together.
- o Send anonymous flowers to the school office.
- o Bring an extra dessert in your lunch then give it away.
- o Buy Girl Scout cookies; then give them away
- o Give away your favorite book when you are done reading it.
- o Let someone else make the choice.
- o Send anonymous flowers.
- o Comment on some old friend's Facebook photos. You never know when someone is needing an encouraging word.
- o Write your favorite Bible verses on cardstock and have your kids decorate them then send them in the mail.
- o Round up a box of items to donate to a shelter.
- o Bring old board games and books to a school that is in need. Most schools need games for in-door recess.
- o Make little gift baskets for the kids in your neighborhood.
- o Give out cold water or hot chocolate to your garbage men.
- o Write a letter to a deployed soldier.
- o Learn to make a helpful introduction then practice it this week.
- o Assist an elder at the store by helping them put their groceries in their car.
- o Return random grocery carts back to the store when you are on your way inside.
- o Buy donuts for your office.
- o Make a CD of your favorite songs and mail to someone.
- o Help someone on GoFundMe.
- o Hide a few \$1 bills at the dollar store, around the toy section.
- o Leave a large tip.
- o Leave extra time in a meter.
- o Wash a family member's car.
- o Leave sidewalk chalk messages – draw pictures and leave notes on their driveway with sidewalk chalk.
- o Make someone a sunshine basket (a basket full of yellow) to brighten their day.
- o Pack a shoebox for Operation Christmas Child. You can do this all year long and mail it in.
- o Buy a card for your child's teacher and have all the kids sign it without their teacher seeing, then give it to her.
- o Invite someone to play at school who is by themselves.
- o Smile and say hello to someone you don't know at school.
- o Pay for the person's toll behind you.

