

# Random Acts of Kindness {for kids}

write a friendly note on the sidewalk in chalk  
to make a passerby smile

**GIVE OUT STICKERS TO KIDS AT THE SHOPS**

*Pick up rubbish in a public place*

*Offer to wash your dog or a neighbor's dog*

**GIVE SOMEONE A COMPLIMENT**

**SAY HELLO TO 3 PEOPLE YOU'VE NEVER SPOKEN TO BEFORE**

*Make cards and put them in your neighbour's letterbox*

**CHOOSE A TOY TO DONATE TO A CHARITY**

*Bake a treat for a friend*

*Write a thank you note to someone who's helped you*

**Invite someone new over to play**

*Call a Family member you haven't seen for a while*

**Give your Mum or Dad a foot rub**

*Pick flowers and give them to someone...anyone!*

**Smile at as many people as you can today**

*offer your help to someone*

**Make a new friend**

**Visit a nursing home**

**Draw a picture for someone**

*Leave a friendly note in a library book*

*Bring bubbles to the park and some extras to share with other kids*

**Give outgrown clothing to a smaller friend**

**Make a friendship bracelet for a friend**

**Volunteer your time in the community**