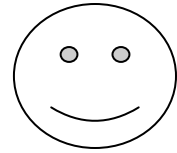




Suggestions for Random Acts of Kindness for Kids



Acts of Kindness are always a great way to spread kindness and understanding and they're so easy to do. Here you'll find a list we've compiled of activities and ideas that are great for kids of all ages.

Almost all of our suggestions require guardian supervision or permission so please ask a parent or guardian before undertaking any projects.

- Make cards that have thoughtful sayings on them and pass them out to friends and family.
- Call family and friends and express your appreciation for them.
- Volunteer at your church, school or a local community service organization. You can find opportunities for kids by visiting www.volunteermatch.org
- Take time out of your day to complement those around you.
- Make arts and crafts and take them to a nursing home and hand them out.
- Collect pencils for kids who need them by working with www.thepencilproject.com.
- Collect canned goods and take them to a local shelter.
- Collect used books from your friends and family and donate them to a local community center, hospital or organization.
- Help clean up the house without being asked or do an extra great job at cleaning up your room.
- Get together with a group of friends and collect items you don't use anymore and then have a yard sale and donate the proceeds to a charity of your choice.
- Collect used towels, sheets and blankets and take them to an animal shelter.
- Ask students in your class to have a Random Acts of Kindness day and spend the entire day saying nice things to one another.
- Think about a special talent you have and then use that to make someone happy. For example if you are a great artist you can create beautiful paintings and pass them out.
- Bake cookies or other treats and pass them out at school or a community event.
- Volunteer to be a tutor to a child who needs help at school.
- Get a group of friends together and have a clean up day at a local park or playground.
- Be a friend to a new student or neighbor.