

KINDNESS

in action

- 1 Create & deliver a snack box (with prepackaged snacks) to your local fire or police station
- 2 Send a "just because" card to let someone know you were thinking about them
- 3 Leave a surprise in your mailbox for your mail carrier
- 4 Deliver cold water bottles to construction workers in your community
- 5 Write kind words on rocks and leave them at the park
- 6 Donate toys & books to a local charity
- 7 Call a grandparent just to say hi
- 8 Write thank you notes or put together care packages for those who are serving our country in the military
- 9 Give a compliment to as many people as you can
- 10 Do a chore for a sibling
- 11 Create encouraging bookmarks to put in library books
- 12 Donate kids craft kits to a local children's hospital
- 13 Take dinner to a friend or neighbor
- 14 Bring bubbles to the park and extras to share with other kids
- 15 Smile and say hello to everyone you see today
- 16 Send dessert to another table at a restaurant
- 17 Put away carts in the grocery store parking lot
- 18 Create blessings bags & put them in your car to deliver when you see someone in need
- 19 Deliver handmade cards to a local nursing home
- 20 Pick up trash at a local park