



25 Random Acts of Kindness

Make someone smile! Practice a few random acts of kindness to brighten someone's day.

1. Do a chore at home for someone without them knowing.
2. Call your grandparents or other older adult and ask them about their childhood.
3. Pick up litter in your community.
4. Reach out to a friend and compliment them.
5. Tell someone they are special to you.
6. Write positive chalk messages on your sidewalk.
7. Call a friend or family member you haven't seen in a while to say hello.
8. Read a book to someone.
9. Send an e-card to the heroes at your local police or fire station.
10. Take your dog for a walk.
11. Make someone laugh.
12. Make someone else's bed.
13. Email your principal to tell them how great your teacher is.
14. Send positive text messages to five different people.
15. Tell a family member or friend a joke.
16. Hang a thank you sign for mail carriers and sanitation workers.
17. Help make dinner.
18. Make an e-card and send it to someone you love.
19. Clean up your room without being asked.
20. Video chat with a faraway friend or family member.
21. Teach a family member something new.
22. Write a kind message on your bathroom mirror with a dry erase or washable marker.
23. Write a poem for a friend.
24. Play an instrument or sing a song for a neighbor.
25. Smile at everybody you see.