

100 Easy Random Acts of Kindness for Kids

- Tape a few quarters to a candy vending machine with a note that says "This treat's on me!"
- Do a sibling's chore without them asking.
- Write a friendly note on the sidewalk in chalk to make a passerby smile.
- Make cards and put them in your neighbor's mailbox.
- Choose a toy to donate to a charity.
- Pick up litter.
- Write a thank you note to your mail carrier.
- Ask for donations instead of birthday gifts.
- Read a book to someone younger.
- Make a thank you card for your librarian.
- Donate coloring books and crayons to the children's hospital.
- Make a thank you card for the garbage man and tape it to the top of the trash can.
- Leave a penny "heads" side up on a sidewalk.
- Tape a bag of microwave popcorn to a DVD rental machine.
- Write something encouraging on a sticky note and leave it on a public bathroom mirror.
- Go through your toys and donate the ones you don't play with to someone in need.
- Write your grandparents a letter and mail it to them.
- Take a treat to the police department with a "Thank you for keeping us safe" note.
- Leave one dollar bills in the dollar store (especially in the toy section!)
- Hold the door open for the person behind you.
- Hand out flowers in front of the grocery store (ask permission from the manager first!)
- Donate a few of your gently used books to your pediatrician's office.
- Leave bubbles on a family's doorstep.
- Record a video love note and text it to someone.
- Go outside when the garbage truck comes and wave your little hearts out.
- Dry the slides at the park after it rains.
- Invite a friend over so their parents can go on a date.
- Smile. (Smiling is easy and happiness is contagious!)
- Take someone's grocery cart back (or, gather up the ones left in the parking lot).
- "Doorbell ditch" a homemade treat.
- Donate hair to Locks of Love.
- Visit a nursing home and make a new friend.
- Tell a street performer how amazing he or she is.
- Make someone laugh.
- Leave coupons next to the item at the store.
- Bring in your neighbor's trash cans.
- Leave a note that says "Have a happy day" on as many cars as possible.
- Give someone a hug.
- Write a letter to your sibling telling them why you love them.
- Buy a bunch of balloons and hand them out to kids at the park.
- Take a treat to the local fire department.
- Have a playdate with a friend so their mom can have a break.
- Be a friend to someone who needs a friend.

- Donate stuffed animals to fire/police department for kids that are scared during an emergency.
- Take a few decks of cards or another game that can be played in bed and donate them to the children's hospital.
- Cover pine cones with peanut butter and birdseed and take care of the birds.
- Compliment a stranger. Tell a lady she's having a great hair day.
- Make your sibling a snack.
- Clear the dinner table without being asked.
- Give outgrown clothing to a smaller friend.
- Wave hello to a neighbor.
- Bring bubbles to the park. Bring extra and share with the other kids.
- Give your mom or dad a foot rub.
- Leave a friendly note in a library book.
- Make no-sew blankets for Project Linus.
- Make cards for deployed soldiers. (Operation Gratitude is a good place to start.)
- Pack a shoebox for Operation Christmas Child.
- Make care kits for the homeless. (toiletries, granola bars, socks, etc.)
- Hold a lemonade stand and donate the profits.
- Call a loved one just to say "I love you".
- Do something nice for your neighbor.
- Help box canned goods for the local food pantry.
- Design and laminate bookmarks to leave in random books at the library.
- Pass out stickers to kids waiting at a restaurant.
- Tape change to a parking meter.
- Leave a love message on a family member's mirror with a dry erase marker.
- Tell mom or dad the nicest thing they have ever done for you.
- Write to someone who has made a difference in your life and make sure they know how much you appreciate them.
- If you have a garden, share your fresh produce with someone.
- Pick a child to buy presents for from the Angel Tree at Christmas time.
- Let someone go in front of you in line.
- Use your allowance to donate to a charity.
- Help an elderly person put their groceries in the car.
- Leave some pennies on a wishing fountain.
- Rake leaves for your neighbors.
- Make a family member breakfast in bed.
- Color pictures for Color a Smile.
- Take supplies to an animal shelter.
- Dust for an elderly person.
- Thank a veteran for their service.
- Shovel snow for your neighbors.
- Donate pet supplies to the shelter and go pet some of the animals.
- Put money in the Salvation Army bucket.
- Bring a snack to your school teacher.
- Offer to take the neighbor's dog for a walk.
- Invite someone who lives alone over for dinner.
- Sit with someone at lunch that looks lonely or that doesn't have very many friends.

- Compliment at least 5 people in one day.
- Do an extra household chore without being asked.
- Decorate some pillowcases and take them to a local children's hospital.
- Say "thank you" when you see service members.
- Wash someone's car.
- Tell the principal how great your teacher is.
- Help make dinner.
- Teach someone something new.
- Give someone a hug coupon.
- Dry the slides at the park after it rains.
- Weed your neighbor's flower beds.
- Tell a funny joke to someone.
- Leave a quarter in a gumball machine.

**No act of
kindness, no
matter how
small, is ever
wasted.
~Aesop**