

RANDOM ACTS OF KINDNESS SUGGESTIONS

A random act of kindness doesn't need to be complicated or a grand gesture. It could be something as simple as holding a door for someone or saying "Have a good day" to someone whom you have just met or interacted with. The suggestion list below is just a small amount of possible ideas and is meant to spark the imagination of our students.

- Help with laundry or do the laundry without being asked
- Do your brother's or sister's chores
- Do some chore for your parents that they would never expect you do
- Wash your parent's car without being asked
- Make lunch for a family member
- Pick up trash in yours or a neighbor's yard or along a roadway or parking lot
- Mow or rake yours or a neighbors yard without being asked
- Sweep your or your neighbor's porch or driveway without being asked
- Read a book to a family member or volunteer to read to others
- Offer your academic assistance by tutoring someone who might be having trouble in a school subject
- Hand write a card or letter to a friend or family member
- Volunteer at a community or charity event
- Visit a nursing home
- Smile & say "Hello" to someone you don't know
- Return a shopping cart to the store
- Offer to help someone who you normally don't associate with or talk to
- Invite someone that you normally don't associate with or talk to to come & play with you or invite them over for dinner
- Compliment someone on their clothes
- Get a group together to pick up trash on the beach or in a park
- Tell a public servant (military personnel, police officer, firefighter, teacher, etc.) that you appreciate all that they do for our community

Things you should NEVER do:

- Never do ANY random acts of kindness without first talking with your parents & making sure that they are acceptable acts
- Never talk to or interact with a stranger without parent's supervision & approval
- Never go into a house or yard or get into a car (friend or stranger) without a parent's permission and supervision
- Never interact with an animal without a parent's permission & supervision