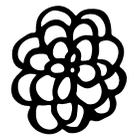




# 40 RANDOM ACTS OF KINDNESS FOR FAMILIES



1. Surprise a long distance family member or friend with a phone call.
2. Buy a backpack and fill it with school and personal supplies & donate it to an organization that serves underprivileged kids.
3. Get flower seed packets for neighbors and handout with happy spring notes.
4. Print out some of our pictures from your phone and camera and share your recent favorite memories
5. Clean up your toys without being asked.
6. Bring flowers to a nursing home
7. Pick up litter at your school or park
8. Visit the animal shelter and give some love to animals waiting for adoption.
9. Leave a thank you note in your mailbox for your mail carrier.
10. Give a friend a compliment
11. Hold the door open at a store.
12. Leave change in a vending machine.
13. Deliver a kid friendly food to a homeless shelter
14. Give a compliment to someone who isn't expecting it.
15. Donate a book to a doctor's office
16. Make your bed without being asked.
17. Write to a veteran and thank them.
18. Leave \$5 in a redbox return so a family gets surprise snack money.
19. Draw a picture and send it to a grandparent in the mail.
20. Leave fun notes in lunchboxes
21. Offer to help set the table and make dinner
22. Keep a smile on your face all day
23. Help a sibling do their chores
24. Leave a dollar bill in the toy section of a dollar store.
25. Offer to take a neighbors' dog for a walk.
26. Make a new friend.
27. Make encouraging book marks and hide them in library books
28. Make a bird feeder and put it in your yard.
29. Pay for someone behind you at the drive through
30. Go around the dinner table and tell each family member your favorite thing about them.
31. Ask your church or school if your family can do a special clean up project.
32. Take the kids on a kindness scavenger hunt.
33. Make a memory jar that family members can write down things they want to remember and open them up the next year.
34. Send dessert to another family at a restaurant
35. Let someone go ahead of you in line.
36. Bring your teacher new school supplies.
37. Invite another family over for a game night.
38. Help a neighbor with yard work.
39. Tip someone extra.
40. Put away the electronics for a day and spend the day together

