

# Random Acts of Kindness Week

February 12 – 16, 2024



*Imagine a world where you can succeed by being nice!*

*Where we all pay it forward.*

*Where people look out for each other.*

*It all starts with an ACT!*

**Kindness can be spread at school, work and home!**

**It's so easy to do and can make a huge difference in someone's life!**

## Ideas for Kids

(and there are so many more simple things you can do!)

1. Compliment someone
2. Clean up your room
3. Leave a snack for the mail carrier
4. Write a thank you note to someone
5. Check in with a classmate who may need to hear a kind word
6. Paint a rock with kind words on it and hide for someone to find
7. Bake cookies for someone special or a neighbor
8. Be a good helper and leader
9. Help your parents and grandparents with a chore
10. Hold doors open for others
11. Pick up trash off the floor and throw away
12. Walk your pet
13. Share your toys
14. Help clean up a mess
15. Tell someone hello and give them a smile
16. Draw a picture and give to someone
17. Tell someone a funny joke to cheer them up
18. Return the cart at the grocery store
19. Be friends with a new student
20. Let a sibling choose the TV show to watch

## Ideas for adults (and some for kids too!)

21. Buy coffee for the person behind you in line.
22. Compliment the first three people you talk to today.
23. Send a positive text message to five different people right now.
24. Post inspirational sticky notes around your neighborhood, office, school, etc.
25. Donate old towels or blankets to an animal shelter.
26. Say hi to the person next to you on the elevator.
27. Let someone go in front of you in line who only has a few items.
28. Throw a party to celebrate someone just for being who they are, which is awesome.
29. Leave quarters at the laundromat.
30. Encounter someone in customer service who is especially kind? Take an extra five minutes to tell their manager.
31. Leave a kind note on someone's car
32. Try to make sure every person in a group conversation feels included.

33. Write a kind message on your mirror with a dry erase marker for yourself, your significant other or a family member.
34. Tell someone they look awesome today
35. Smile at five strangers.
36. Set an alarm on your phone to go off at three different times during the day. In those moments, do something kind for someone else.
37. Send a gratitude email to a coworker who deserves more recognition.
38. Practice self-kindness and spend 30 minutes doing something you love today.
39. Give away stuff for free on Craig's List.
40. Write a gratitude list in the morning and in the evening.
41. Know parents who could use a night out? Offer to babysit for free.
42. Hold up positive signs for traffic or in a park for people exercising outside!
43. Buy a plant. Put it in a terracotta pot. Write positive words that describe a friend on the pot. Give it to that friend!
44. Write a positive comment on your favorite blog, website, or a friend's social media account.
45. Have a clean up party at a beach or park.
46. While you're out, compliment a parent on how well-behaved their child is.
47. Leave a kind server the biggest tip you can afford.
48. Greet people by name and with a smile!
49. Write your partner a list of things you love about them.
50. Purchase extra dog or cat food for the animal shelter.
51. Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. Don't just think it. Say it.
52. Take flowers or treats to the nurses' station at your nearest hospital.
53. Keep an extra umbrella at work to lend it out when it rains.
54. Send a 'Thank you' card or note to the officers at your local police or fire station.
55. Take muffins or cookies to your local librarians.
56. Run an errand for a family member who is busy.
57. Tape coins around a playground for kids to find.
58. Put your phone away while in the company of others.
59. Email or write to a former teacher who made a difference in your life.
60. When you hear that discouraging voice in your head, tell yourself something positive — you deserve kindness too!