

# 30-DAY ACTS OF KINDNESS

## challenge

Doing acts of kindness will not only show our kids how to be kind to others but also how to help others. By doing these small and simple acts of kindness with your kids, you will not only teach them about compassion but also how easy it is to be kind to others.

Try the **30-Day Acts of Kindness Challenge** with your kids. There are more than 50 ideas listed below. For the next 30 days, choose 1 of the items to do with your kids each day. When an act of kindness is completed, put a check-mark next to that item.

### ACTS OF KINDNESS:

- Compliment someone
- Leave a treat for the mailman
- Buy a gift card for the person behind you in line
- Make baked goods for the neighbors
- Buy the person behind you coffee
- Smile at someone
- Donate unused toys to those in need
- Leave a 50% or more tip
- Babysit a neighbor, friend or family member
- Send a thank-you card to someone
- Give a dog treat to a dog on a walk
- Pay for a stranger's meal
- Plant a flower or tree and watch it grow
- Say thank you and please more
- Volunteer
- Open the door for someone
- Offer to do yard work for a neighbor
- Send a care package to a soldier
- Pick up trash
- Send a handwritten letter
- Leave change in a vending machine
- Let someone go before you in line
- Pay someone a compliment
- Buy groceries for a family in need
- Make breakfast for a family member
- Donate to charity
- Give a teacher a thank-you gift
- Help someone carry groceries
- Leave a bag of candy on a doorstep
- Prepare a meal for your family
- Donate outgrown clothes
- Help someone in need cross the street
- Plan a surprise party for someone
- Volunteer at a retirement home
- Host a free lemonade stand
- Hold the elevator
- Do another family member's chores
- Pay for someone's bus/cab/Uber fare
- Make hot chocolate for your family
- Leave an encouraging note on a car
- Pay the adoption fee for a rescue animal
- Donate your hair to a good cause
- Hide money in a book for people to find
- Be kind to others
- Create inspiring chalk art at the park
- Sponsor a child
- Donate books to the library
- Walk a neighbor's dog
- Return someone's cart for them at the store
- Tape change to a parking meter