

# Random Acts of Kindness for Families

YOU ROCK!



- Say something nice to someone
- Pay a genuine compliment
- Hold the door open for someone
- Spend time with one who may be lonely
- Say 'I Love You'
- Give a hug
- Donate to a food bank
- Send a letter to a friend to say 'hi'
- Support a small business
- Pick up litter in the neighbourhood
- Bake a cake for a friend
- Walk a neighbour's dog
- Volunteer
- Plant a tree
- Donate to charity
- Say 'Hi' to a passerby
- Smile at everyone you see
- Give someone a gift
- Clean up at home without being asked
- Show your gratitude and say 'thank you'
- Text to brighten someone's day
- Tell someone why they're special to you
- Donate old clothes
- Check in on an elderly neighbour
- Call someone to tell them you're thinking about them



- Share with a friend
- Give a 'Get Well Soon' card
- Do someone else's chores at home
- Leave painted rocks to be found
- Teach someone something new
- Write chalk messages or draw pictures
- Make a homemade gift for someone
- Thank school staff with chocolates
- Post a note in someone's letterbox
- Offer to pick up a neighbour's groceries
- Do a fundraising walk or run
- Let someone else go ahead of you
- Give someone a flower
- Make dinner for a busy family
- Offer to help someone
- Do a favour for someone
- Plan a surprise party for a friend
- Leave a generous tip
- Write an encouraging message
- Take time to listen to someone
- Donate toys and books
- Feed the homeless
- Make someone smile with a joke
- Wash someone's car
- Buy coffee for someone
- Feed the birds

