

- Hand your kid money to pay for the coffee drink or food item for the person behind you in line at the coffee shop
- Have your kids write 'Thank You for your service ' notes and give them to store clerks or restaurant hostesses to hand to military personnel or public service providers - they're easy to spot when they're in fatigues, uniform or wearing their retired military ball caps
- Go to a local nursing home and ask to meet with residents who don't have family or friends visit them
- Purchase an inexpensive bundle of flowers and hand them one-by-one to shoppers in a random parking lot - include a generic positive affirmation, such as: You are beautiful
- Take leftover flowers from funeral sprays to the local cemetery and place them in empty flower containers on the headstones
- Put change in a vending machine
- Hold the door open for someone
- Do a chore for someone without them knowing
- Return someone's cart at the store
- Leave a gift card and note in a popular library book
- Leave happy notes around town
- Put a small bin in your car to collect recycling, cash it in and give the money to a homeless person or someone in need
- Call your grandparents and ask them about their childhood
- Pick up litter
- Let someone go ahead of you in line
- Compliment a friend
- Wash someone's car
- Write a thank you note for your mail carrier
- Bake dessert for a neighbor
- Walk dogs at the animal shelter
- Check in on an elderly neighbor
- Set up a lemonade stand and donate the profits
- Send a Thank You card and/or care package to a service member stationed overseas
- Bury treasure at the playground
- Set the table for dinner
- Leave bubbles on someone's doorstep
- Put money on a stranger's layaway bill
- Tell someone why they are special to you
- Donate outgrown clothes
- Pass out stickers to kids waiting in line
- Talk to someone new at school
- Write chalk messages on the sidewalk
- Weed or shovel for a neighbor
- Donate food to the food pantry
- Bring flowers to your teacher
- Tell a manager how good your service was
- Tape change to a parking meter
- Donate socks and supplies to the homeless shelter
- Give a lottery ticket to a stranger
- Call a friend you haven't seen in a while to say hello
- Tape money for the ice cream truck to a friend's front door
- Take treats to the fire station
- Read a book to someone
- Leave heads up pennies on the sidewalk

- Donate a book to a doctor's office waiting room
- Tell someone how much you love them and why
- Say hello to everyone you see with a smile on your face
- Make someone else's bed
- Wave at kids on school buses
- Sing songs at a nursing home
- Invite someone to play on the playground
- Tell the principal how great your teacher is
- Donate a toy to Toys for Tots
- Keep a gratitude jar in your home and fill it often
- Say thank you when you see service members
- Fill a kindness jar with candy for another family
- Make a thank you sign for sanitation workers
- Make a busy bag for a family with young children
- Bring cookies to the custodian
- Help make dinner
- Donate new pajamas, coats and/or shoes for foster kids
- Make a get well card for someone
- Bring your neighbors' garbage cans up for them
- Take care of someone's pet while they're away
- Leave a popcorn surprise on a DVD rental machine
- Share a special toy with a friend
- Clean up your room without being asked
- Tape a video message for faraway friends
- Leave kindness stones at the park
- Give a candy bar to the bus driver
- Send dessert to another family at a restaurant
- Give spare change to the food pantry
- Buy extra school supplies for a teacher
- Make muffins for your pharmacist
- Teach someone something new
- Reuse paper when you are drawing
- Pay for someone's bridge toll
- Give someone a hug coupon
- Volunteer at a soup kitchen
- Write a note for someone's lunch
- Collect money or items for your favorite charity
- Donate coloring books and crayons to a children's hospital
- Write a poem for a friend
- Ask for donations instead of birthday gifts
- Help someone unload groceries at the store
- Make a candy gram for the police department
- Collect books for the library
- Adopt an animal from a shelter or rescue organization
- Decorate tissue boxes and for nursing stations
- Make a homemade gift for someone
- Deliver water bottles to the homeless shelter
- Create activity bags for families of deployed soldiers
- Give high fives to a friend and elderly shoppers
- Make a thank you card for your librarian
- Dry the slides and monkey bars at the park with a towel after it rains
- Make play dough for a preschool class
- Send a postcard to a friend
- Donate gently used toys to a local daycare or waiting room
- Donate clean used towels and sheets to animal shelters

# RANDOM ACTS OF KINDNESS

EMPATHETIC PRACTICES KIDS CAN ENJOY, RIGHT FROM HOME PLATE