

# • WAYS TO BE KIND •

**GIVE SOMEONE THAT WANTS ONE AN 8-SECOND HUG** clean your room

*Volunteer*

Let someone cut in front of you in line **THANK A TEACHER**

**COMPLIMENT SOMEONE** Read to a child **LEAVE A GOOD TIP**

**HIDE MONEY IN A RANDOM PLACE FOR A STRANGER TO FIND**

**WRITE A THANK YOU NOTE** **RAKE A NEIGHBOR'S YARD** **exercise**

Make a lunch for someone Do a favor without asking for anything in return

**LAUGH!** *Give a gift to a friend* **Hold the door open for someone**

**SAY HI** Run for fun! *Write a note to someone in a nursing home*

Donate a book with a kind note on the inside **HELP A FRIEND**

**Adopt an animal online** Pay for the person behind you

Leave paper hearts and kind notes on someone's door *Make someone smile*

*Help babysit for free* pay for someone's parking or bus fee

Give a family member breakfast in bed loan money on KIVA donate food

**PARTICIPATE IN A CHARITY WALK** **WASH SOMEONE'S CAR**

**Buy flowers for someone** clean up someone's mess Make dinner

**DO THE DISHES** **PACK AN EXTRA LUNCH AND SHARE IT**

Leave a treat for the mail carrier **pick up trash** donate an old coat

*Apologize when you should* **PUT YOUR PHONE AWAY**

*do something nice for yourself* **PLANT A TREE** text a friend just to say hi

**WALK YOUR NEIGHBOR'S DOG** **SHARE YOUR TOYS** *offer to tutor someone*

stick up for a friend *write kind messages on the sidewalk* say thank you

**shovel a driveway** **leave a nice note on someone's car**

start a gratitude journal **ENCOURAGE OTHERS TO BE KIND**

**leave a treat for the amazon/ups carrier** **DONATE OLD TOYS AND CLOTHES**

*make someone laugh* **SMILE** *SEND A CARE PACKAGE*

**BAKE COOKIES FOR SOMEONE** let someone else pick the tv show