100 Acts of Kindness for Kids

Check one off every time you do it · Page 1 of 2

At home

- [ ] 1 Set the table without being asked
- [ ] 2 Make your bed
- [ ] 3 Help fold the laundry
- [ ] 4 Put your shoes where they go
- [ ] 5 Help carry in the groceries
- [ ] 6 Read a story to a younger brother or sister
- [ ] 7 Share the last cookie
- [ ] 8 Let someone else pick the show
- [ ] 9 Help make dinner
- [ ] 10 Clear your plate after you eat
- [ ] 11 Give someone in your family a hug
- [ ] 12 Draw a picture for your mom or dad
- [ ] 13 Help find something that's lost
- [ ] 14 Put your toys away
- [ ] 15 Feed a pet
- [ ] 16 Leave a kind note on someone's pillow
- [ ] 17 Help water the plants
- [ ] 18 Say thank you for dinner
- [ ] 19 Play a game your brother or sister picks
- [ ] 20 Bring someone a glass of water

At school

- [ ] 21 Say good morning to your teacher
- [ ] 22 Hold the door for the person behind you
- [ ] 23 Invite someone new to play
- [ ] 24 Share your crayons
- [ ] 25 Sit with someone who is alone at lunch
- [ ] 26 Help a friend pick up what they dropped
- [ ] 27 Let someone go ahead of you in line
- [ ] 28 Tell a classmate “good job”
- [ ] 29 Help clean up the classroom
- [ ] 30 Thank the lunch helpers
- [ ] 31 Thank the bus driver
- [ ] 32 Make a card for the custodian
- [ ] 33 Pass the ball to someone who hasn't had a turn
- [ ] 34 Help a friend who is stuck
- [ ] 35 Save a seat for someone
- [ ] 36 Listen when someone else is talking
- [ ] 37 Lend a pencil
- [ ] 38 Cheer for a classmate
- [ ] 39 Ask someone who looks sad if they're okay
- [ ] 40 Make a thank-you card for your teacher

With friends

- [ ] 41 Share a toy
- [ ] 42 Take turns
- [ ] 43 Tell a friend what you like about them
- [ ] 44 Make a drawing for a friend
- [ ] 45 Let a friend go first
- [ ] 46 Say sorry when you hurt someone
- [ ] 47 Forgive a friend who says sorry
- [ ] 48 Ask a friend what they want to play
- [ ] 49 Teach a friend something you know
- [ ] 50 Stand next to a friend who is being teased
- [ ] 51 Tell a grown-up when someone is being hurt
- [ ] 52 Include a little kid in your game
- [ ] 53 Give a friend a high five
- [ ] 54 Share your snack
- [ ] 55 Help a friend up when they fall

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In the neighborhood

- [ ] 56 Wave to a neighbor
- [ ] 57 Bake cookies for a neighbor
- [ ] 58 Draw with chalk on the sidewalk to make people smile
- [ ] 59 Pick up litter at the park
- [ ] 60 Donate a toy you've outgrown
- [ ] 61 Donate a book you've finished
- [ ] 62 Give canned food to a food drive
- [ ] 63 Thank a mail carrier
- [ ] 64 Thank a police officer or firefighter
- [ ] 65 Make a card for someone in a nursing home
- [ ] 66 Bring in a neighbor's trash can
- [ ] 67 Hold the door at the store
- [ ] 68 Return a shopping cart
- [ ] 69 Smile at someone new
- [ ] 70 Leave a kind note in a library book

For family far away

- [ ] 71 Call a grandparent
- [ ] 72 Mail a drawing to someone you love
- [ ] 73 Ask a grandparent about when they were little
- [ ] 74 Send a video of you saying hello
- [ ] 75 Make a card for a cousin
- [ ] 76 Say a prayer for someone
- [ ] 77 Help a grandparent with a chore
- [ ] 78 Look at old pictures together
- [ ] 79 Tell someone you miss them
- [ ] 80 Sing a song for someone over the phone

For animals and the earth

- [ ] 81 Fill a bird feeder
- [ ] 82 Give your pet fresh water
- [ ] 83 Be gentle with bugs
- [ ] 84 Plant a flower
- [ ] 85 Turn off the water while you brush your teeth
- [ ] 86 Turn off the light when you leave a room
- [ ] 87 Bring a reusable bag to the store
- [ ] 88 Walk a dog with a grown-up
- [ ] 89 Put out a dish of water for the birds on a hot day
- [ ] 90 Recycle a bottle or can

With kind words

- [ ] 91 Say “Thank you.”
- [ ] 92 Say “Do you want to play with us?”
- [ ] 93 Say “I'm sorry.”
- [ ] 94 Say “You can go first.”
- [ ] 95 Say “That was a great idea.”
- [ ] 96 Say “Are you okay?”
- [ ] 97 Say “I like your drawing.”
- [ ] 98 Say “I'm glad you're my friend.”
- [ ] 99 Say “Can I help?”
- [ ] 100 Say “I love you.”