

COLLECT

- Ask for charity donations instead of birthday gifts.
- Collect teddy bears for a police department to comfort kids.
- Gather leashes and collars for an animal shelter.
- Invite neighbors to bake and deliver cookies to the fire station.
- Save spare change and give it to a food bank.



Make someone's day better, brighter and happier by doing something nice! A small act of friendship can make a big difference to others. Be sure to involve parents when you choose a kindness activity.

MAKE

- Create a busy bag for a family with young children.
- Make someone else's bed.
- Craft a get-well card for someone.
- Assemble a homemade bird seed treat and hang it outside.
- Mix up homemade play dough for a sibling's preschool class.
- Paint kindness stones and leave them in your local park.

WRITE

- Slip a letter of encouragement into a library book.
- Leave friendly notes like "Have fun today!" around town.
- Send a card to a service member.
- Decorate the sidewalk with happy chalk messages.
- Text "I love you" to a family member.
- Write a funny note for a sibling's lunch box.



30 ACTS OF
kindness
FOR KIDS

GIVE

- Volunteer at a soup kitchen.
- Give high fives to a friend.
- Put one dollar in a vending machine for the next person.
- Take flowers to school for your teacher.
- Share a hug with someone you love.
- Leave bubbles on someone's doorstep.

HELP

- Hold the door open for the person behind you.
- Pick up litter on your street.
- Clean up your toys without being asked.
- Take care of someone's pet for a day.
- Set the table for dinner.
- Bring your neighbor's garbage can back from the curb.



DONATE

- Set up a lemonade stand and donate the profits.
- Donate outgrown clothes to your school's clothing closet.
- Buy fun kid's socks for a local shelter.
- Pick out new pajamas for a foster care organization.
- Bring extra school supplies for your classroom.
- Select a new book for your school library's collection.

And Remember to
Smile at EVERYBODY!

Visit mindful.sodexo.com/mindful-kids for more fun activities!

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