



**KINDCRAFT**

BUILDING A FOUNDATION FOR SERVICE AND COMPASSION

# 50 Random Acts of Kindness Checklist

- Smile at a stranger.
- Pay for the person behind you in the drive thru.
- Write a kind note and put it in a library book.
- Write a letter of encouragement to someone.
- Write a thank you card to show gratitude.
- Hold the door open for someone.
- Offer to return someone's grocery cart.
- Give a compliment to a stranger.
- Do a chore for a sibling without them knowing.
- Put a kind note on someone's windshield.
- Bring up a neighbors trash can or recycling bin.
- Text or call a friend to tell them how much you appreciate their friendship.
- Bake cookies for firefighters or police officers and deliver to the station.
- Visit the elderly at a nursing home.
- Write a thank you note for your mail carrier.
- Help out at an animal shelter.
- Allow someone to go ahead of you in line.
- Set up a lemonade stand and pick an organization to donate the profits to.
- Send a handmade card or note to a service member.
- Tell someone why they are special to you.
- Buy a gift card at the grocery store and leave it for the person behind you in line.
- Donate books.
- Donate outgrown clothes.
- Donate toys.
- Pass out stickers or balloons to kids at a park.
- Ask someone new to have lunch with you.
- Find someone who looks lonely to play with you at recess.
- Include others.
- Donate food to a local food pantry.
- Bring flowers or a hand-written note to your teacher.
- Read a book to a younger child.
- Say hello and smile!
- Sing songs at a nursing home.
- Call a friend or family member to say hello.
- Make a get well card for someone.
- Leave a bag of microwave popcorn on a DVD rental machine.
- Volunteer with your family at a KindCraft event.
- Make a no sew fleece blanket for someone.
- Make blessing bags for the homeless.
- Assemble hygiene kits and hand out to the homeless.
- Give someone a hug!
- Ask for donations instead of birthday gifts.
- Paint kindness rocks and leave at the park.
- Collect items for your favorite charity.
- Dry the playground slides after it rains.
- Clean up dinner without being asked.
- Hand out water bottles to construction crews.
- Pack a lunch for someone.
- Leave a nice note in a family members suitcase.
- Serve at a homeless shelter.

[www.kindcraft.org](http://www.kindcraft.org)