

Random Acts of Kindness List

- Hold the door open for classmates or teachers.
- Invite someone sitting alone to join your table at lunch.
- Write a kind note and leave it in a backpack or desk.
- Offer to help a classmate with homework or studying.
- Pick up trash in the hallway or cafeteria, even if it's not yours.
- Compliment three people during the school day.
- Share school supplies with someone who forgot theirs.
- Say thank you to the cafeteria staff.
- Help carry books or supplies for a teacher.
- Create a positive message poster and hang it on a bulletin board (with permission).
- Help rake leaves, shovel snow, or water plants for a neighbor.
- Donate gently used books or toys to a local shelter or library.
- Bake cookies (with family help) and deliver them to a fire station or police station.
- Write thank-you letters to community helpers (nurses, mail carriers, custodians).
- Pick up litter at a local park.
- Leave painted kindness rocks with positive words in public places.
- Help younger kids with reading or homework at a library or community center.
- Collect canned goods for a food pantry.
- Visit or send cards to a nursing home or senior center.
- Smile at someone.