

A Day of Kindness

Kid-Friendly Acts of Kindness to do as a family

Hold the door open for
someone

Give a compliment to
someone

Share a smile with
everyone you come
across today

Make a card for someone—
Mail or deliver it to them

Complete a task or
chore for someone

Clean up a mess that isn't
yours, or pick up litter in
your community

Call or visit someone you
haven't talked to in a while
just to say hello

Find some things to donate—
Food, toys, clothing, or books

Write your own:

**Scatter seeds of kindness
wherever you go!**

