

# 30 Days of Kindness



Kindness is free, sprinkle that stuff everywhere.

help  
someone  
carry out  
their  
groceries

share toys  
with your  
sibling

write a letter  
to your  
grandparents

say hello  
to a  
stranger

pick flowers  
& give to  
someone  
anonymously

give  
offering  
from your  
allowance to  
church

open a  
door for  
someone &  
smile

send a thank  
you note to  
someone for  
a kindness

make  
goodies for  
your local  
firemen

play with  
someone  
new at  
recess

say sorry first  
when you  
disagree with  
your brother  
or sister

send a card  
package to a  
service  
member

donate a toy  
to kids in  
need

leave a fun  
surprise on a  
lonely  
neighbors  
porch

offer to  
help  
someone  
with their  
schoolwork

tell your  
parents you  
love them

paint rocks  
with kind  
messages and  
leave them in  
the park

do your  
sibling  
chores  
without him  
knowing

give  
someone a  
compliment

pick up  
litter  
around your  
school

do the  
dishes  
without  
being asked

help  
clean up a  
mess

share a snack  
with someone  
at school that  
doesn't usually  
have one

encourage  
someone  
that is  
down

make a get  
well card &  
send it to  
someone  
who is sick

leave change  
in a vending  
machine  
with a kind  
note

give a friend a  
hug  
-----  
surprise your  
mom & clean  
your room

smile at someone  
that looks sad  
-----  
bake cookies for  
someone! 😊