**RANDOM ACTS OF KINDNESS**

- Send a text to a relative letting them know how much they mean to you
- Make a meal for a family that is going through a difficult time
- Open the door or hold the door for somebody
- Write a note/letter to a teacher who has positively impacted your life
- Bake something yummy for a neighbor
- Write a thank you note to somebody who works in the school office or cafeteria
- Text someone in your council and say, “I like having you on our team because __________”
- Bring in garbage cans for a neighbor
- Pay for the person behind you in line
- Tape a dollar bill to a vending machine with a note that says ”your snack is on me”
- Text your parent or guardian and let them know what you love about them
- Place a sticky note, with a positive message on 5 lockers in your school
- Donate 5 cans of food for the pantry at your school or church
- Offer to help a teacher with a task
- Wash someone’s car
- Bring a drink they love from QT, Starbucks, etc.
- Help a fellow student study for a test or with homework
- Sit next to someone who is sitting alone at lunch and have a conversation with them
- Do the dishes or another household chore unexpectedly
- Write a letter to your advisor or coach, listing your favorite 3 things about them
- Make a care bag for a homeless person (bottle of H2O, toothbrush, socks, snack…)
- Go to a friend’s or family member’s sporting event or concert to support them.
- Visit an elderly care home.
- Leave a “Have a Great Day” note on somebody’s car in a parking lot
- Make two lunches and give one to someone.
- Bring a treat to the local fire house and thank them for their service
- Compliment someone to their boss
- Help clean up trash at the end of lunch or around campus
- When in class or at practice and a partner is needed choose someone who is usually left out.
- Help coach a youth team
- Ask somebody over 50 to tell you about their best childhood memory
- Offer to help an elderly person with a chore
- Return shopping carts in a parking lot
- Write a letter to a Military person thanking them for their service
- Let someone go ahead of you in line
- Take treats to your librarian or custodian and thank them for what they do
- Make a list of your favorite things about each person in your family and hang it on the refrigerator
- Text or contact somebody you haven’t talked to in 3 or more years and catch up with them
- Give a bouquet of flowers to somebody
- Play cards or a game with an elderly person
- Offer clean up your neighbor’s yard
- Write a thank you card and give it to a police officers

**Total Acts Completed:** _______  **Participants Signature:** _____________________________