

Acts of Kindness

The goal of this activity is to help kids to find ways to be kind in their daily lives.

Directions:

1. Have kids complete the Kind Acts for Others worksheet. To process, have kids share their responses. Ask kids how doing kind acts affects their own lives and the lives of others around them.
2. Give the kids a copy of the choice boards and assign the number of activities you would like them to complete. Option: From the board, kids can choose activities in a “tic-tac-toe” pattern of four in a row, column, or diagonal tasks to complete.

Grades: upper elementary, middle and high school

Contains the following handouts:

Kind Acts for Others worksheet
Kindness for Home choice board
Kindness in the Community choice board

Graphics and borders by:

Graphics by the Pond and Educlips



Name: _____

Kind Acts for Others



♡ Describe kindness in your own words.

♡ Give an example of a kind act.

♡ When did you do kind act for someone else? Describe what happened.

♡ How did that person feel?

♡ How did that person show appreciation for your kind act?

♡ How do you feel when you do something nice for others?

Kindness at Home



Choose some acts of kindness to do for others at home.

Plan a family activity or outing for your family.	Make something special for someone in your family.	 Help make your family's favorite dinner.	Help with chores without being asked.
Plan a fun activity for you and your sibling.	Make a thank you card for your caregiver. 	Show an interest in your sibling's hobby.	Do your sibling's chores for a couple of days. XOXO
Make someone else's bed. 	Clean your room without being asked.	Make a list of things that you appreciate about your parents. Don't forget to thank them.	Clean up after your pets without being asked. 
Wash your parent's car.	Do something nice for a neighbor. 	Pick up litter at your neighborhood park.	Leave a treat for the mail carrier.


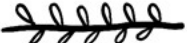





Kindness in the Community



Choose some acts of kindness to do for others in the community.



Donate toys and games to a children's home.	Make treats for the trash collectors. 	Sign up for a run and raise money for a charity.	Donate books at the local library. XOXO
Plant a tree. 	Hold a lemonade stand or bake sale and donate the profits.	Volunteer to help animals at a pet shelter.	Collect and donate food to a food pantry.
Send holiday cards or care packages to service men and women.	Donate clothing to a local charity. 	Deliver books, crayons and coloring books to a children's hospital.	Do an activity for residents at a nursing home. 
Start a "piggy bank" and donate the money to a charity.	Make get well cards for patients at a hospital.	Donate toys and care packages to a homeless shelter. 	Deliver goodies to the police or fire station.

