



# Preschooler Kindnesses

Take a look at this list of kindness ideas. Fill in the blanks with any others ideas that you have. Print out the list, cut out the kindnesses, and put them in your jar. Pick one a day (or as many/as often as you want) and start spreading the kindness!

Make a nature treasure display for your family or for other people in a public space.

With a grown-up's help, get gloves and pick up litter in your neighborhood or local park.

Stuffedies get so hot in the summer. Build a shady hideout for your stuffy to stay cool. Cuddle or read a story to your stuffy there.

Make a painting or drawing that would make someone smile and share it with a friend or post it in the window or front yard for people to see as they pass by.

Make a cooling bath for mom or dad's feet and yours using a bowl and some cold water. Sit and cool down together. Ahhh...

Make a puppet, then introduce your puppet to a friend in person or through video chat.

Tell someone a joke either in person, over the phone or by sending a quick video.

Look in the mirror together and make funny faces. Or, get on video chat with people you love and do the same.

Sing a song or dance a dance for someone you love.

Turn rocks or acorns into smiley friends and leave them around for people to find. See how [here](#).

Use sidewalk chalk to leave pictures or messages that will make neighbors and passersby smile.

Make a card for someone you care about and get a grown up's help to send it in the mail.