



School-age 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!

Consider the needs of the birds in your yard. Turn an orange or a pine cone into a bird feeder (and don't worry if you make the squirrels happy too!). Here's how.

Water a plant and talk to the plant as you water it.

Put out a free collection of toys you no longer use.

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

Stand on the corner of the street and wave and smile to the cars and people who go by.

Create chalk messages and images on the sidewalk to make passersby happy.

Pick a flower bouquet and leave it at someone's front door.

Send cards or drawings to residents at a nursing home, or neighbors who live alone.

Draw or paint smiles, pictures or inspiring messages on rocks and leave them throughout the community.

Write a joke on a piece of paper and leave in someone's mailbox or post it in the window or in your yard.

Tell 3 different people about what you like about them or what they are really good at.

Weed or sweep a flowerbed or the sidewalk in your neighborhood.

Make a neighborhood free library with books or turn yourself into a bookmobile and lend favorite books to neighbors and friends.