



100 Acts of Kindness Ideas for kids

Colour one heart every time you do an act of kindness.

Be Kinder to Your Family:

1. Help your sibling with a chore.
2. Offer to get your sibling a drink.
3. Ask your sibling to pick the show.
4. Offer to share a bite of your snack.
5. Take turns with your favourite toy.
6. Give a hug to someone in your family.
7. Offer to get your sibling something they need.
8. Encourage your sibling when they do something hard.
9. Read to a sibling
10. Play a game fairly.
11. Give a compliment to someone in your family.
12. Hold the door for someone in your family.
13. Invite your sibling to play with you.
14. Draw your sibling a picture.
15. Offer to share a bite of your dessert.
16. Let your sibling choose the game you play.
17. Help your sibling do something they can't do yet.
18. Give encouragement and cheer them on.
19. Let your sibling choose the music you listen to.
20. Help with something without being asked to.
21. Thank the person who made you a meal.
22. Help make school lunches.
23. Make your bed.
24. Carry in the groceries.
25. Remember to say "Bless You" when someone sneezes.
26. Set the table for dinner.
27. Clear more than just your plate from the dinner table.

Be Kind to Friends and Practitioners

28. Stand up for a friend.
29. Get help when a friend needs it.
30. Encourage a friend when they try something hard.
31. Comfort a classmate when they're hurt.
32. Sit with someone at lunch whose all alone.
33. Draw a picture or write a note to a friend.
34. Sit with someone who's alone in the play room.



35. Invite a friend to join in the game.
36. Help pick up trash off the floor of your nursery.
37. Offer to share your nursery supplies.
38. Clean up trash off the ground in the lunch area.
39. Cover your sneezes and coughs so friends don't get sick.
40. Draw a picture or write a note for your practitioner thanking them.
41. Ask a friend who is alone to join the play.
42. Offer to partner with someone who doesn't have a partner.

Be Kind to Neighbours

43. Wave and say "hi" to your neighbours.
44. Visit a neighbour who lives alone.
45. Write a thank you note for a neighbour.
46. Draw a picture for your neighbour.
47. Bring flowers to cheer up a neighbour.
48. Make or buy food for a sick neighbour.
49. Pick up trash on your street.
50. Make a card for a sick neighbour.
51. Hide kindness rocks in your neighbourhood.

Be Kind to Community Helpers and Your Town

52. Leave water or a snack for your mail carrier.
53. Bake cookies for fire-fighters.
54. Write a thank you note for police officers.
55. Take hot cocoa to your crossing guard.
56. Take water or a hot drink to your garbage collector.
57. Pick up trash at the park.
58. Join in a town clean up day.
59. Smile at someone who is not smiling.

Be Kind to "Safe Strangers"

60. Stay to the right when passing someone.
61. Clean up after yourself in a restaurant.
62. Give up your seat for someone who needs it.
63. Turn in a lost item that you found.
64. Pick up and return what someone dropped.
65. Hold the door open for the person behind you.
66. Say "thank you" when someone does something kind for you.
67. Make room so someone else can sit too.



- 68. Hold the elevator door open for someone.
- 69. Let someone else go first through a door.

Be Kind to Friends and Teammates and Coaches

- 70. Cheer up a friend who is sad.
- 71. Console a teammate who loses or gets out or misses the shot.
- 72. Take turns with a friend.
- 73. Offer to teach a friend something they don't know how to do.
- 74. Let a friend go first.
- 75. Ask a friend what they want to play.
- 76. Stand up for a friend if they need it.
- 77. Help a friend who needs it.
- 78. Cheer on a teammate when they do well.
- 79. Make a card for a sick friend.
- 80. Write a thank you note for a coach or leader.
- 81. Offer a friend playing on the other team "good luck" or "good job" "or "nice try."
- 82. Thank your coach after each practice and game.
- 83. Encourage a friend when they try something hard.

Be Kind and Volunteer

- 84. Decorate crafts for a nursing home or retirement home.
- 85. Donate books to your library.
- 86. Leave a letter in a library book.
- 87. Draw a card or write a thank you note to a nurse or caregiver.
- 88. Send an e-card to kids in a hospital.
- 89. Make get well card for someone.
- 90. Donate food to a food drive.
- 91. Take an old blanket to a local animal shelter.
- 92. Feed the birds.
- 93. Plant something.
- 94. Build a bugs hotel.
- 95. Donate warm clothes you've outgrown.
- 96. Give a meal or snack to someone who is hungry.
- 97. Collect toys and donate them.
- 98. Donate supplies to your classroom or school.
- 99. Make a meal for a fire station.
- 100. Sponsor a charity association.

Enjoy! Tag your acts of kindness at #mpactivities