


Random Acts of Kindness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
Say "I Love you" 	Share a special toy With someone	Write a nice letter or postcard	Smile at everyone you see today	Make someone laugh 	Tell someone the reasons you like them	Help someone clean up a mess	
Write a poem for someone	Do an extra chore 	Let someone else go first	Ask "Can I help?"	Thank someone for dinner	Have game night with your family	Have a No Complaining Day 	
Hold the door for someone 	Give a hug to a family member	Say something nice to someone	Tell a funny joke 	Clean your room without being asked	Leave a happy note for someone	Read a book to someone	
Tell someone why they are special	Sing a song to someone	Help set the table for dinner	Say "thank you"	Make someone else's bed	Draw a picture for a friend	Vow to continue to be kind everyday	

Try to do something nice every day.
Can you think of other acts of kindness?