

Smile at people all day long	Feed the birds in your garden or local park	Pick up litter in your school or neighbourhood	Donate some of your old books to charity	Do a chore for a member of your family	Ask your teacher what you can do to help them
Help out doing the laundry	Hold doors open for people	Give food to a food bank	Read someone a story	Invite someone on their own to play	Write a list of three things you are grateful for
Thank an adult for helping you	Donate some of your old toys to charity	Phone a grandparent or other senior for a chat	Make a Christmas card for your teacher	Tell your friends why you like them	Let someone go ahead of you in a queue
Make a snack or meal for your family or neighbour	Clean up your bedroom or family room	Tell your parent or guardian why you appreciate them	Ask someone if they would like a hug or high five	Write a thank you note	Help your parent or guardian make dinner

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ACTS OF KINDNESS

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free printable list
for children