

Toolkit: Kindness Activities for Children

These are some kindness activities for children based on research and crowdsourcing via social media. For all of these activities please make sure teachers, parents, or guardians are aware and participating in the activities. Asking for permission is important!

- **Explore a new area in your neighborhood and bring bags to clean up trash** you may find along the way, at a park or along the street. Make sure to **be safe**, and always have an adult with you!
- **Donate toys, clothes, supplies, or other goods** that you no longer want to a local shelter or donation center that needs things for kids.
- **Make cards or crafts** for first responders, sanitation workers, your teachers, or others you want to express gratitude to.
- Some teachers recommended these **things you can do at school**:
 - *Make snacks for other classes.*
 - *Write thank you notes for students or adults who are helpful.*
 - *Do a flash mob to a happy song when someone is ill to cheer them up.*
- **Help make baked goods** for a local retirement home or shelter.
- **Say “thank you”** to service workers like cashiers and servers at restaurants.
- **Reach out** to a child who may be new to school or lonely and in need of a friend.
- **Help at a soup kitchen.**
- **Plant flowers, fruits, and vegetables** to deliver to elderly neighbors.
- **Collect food** for the local food pantry.
- **Make fleece blankets** for local shelters or to give to first responders.
- **Water local gardens**, including your own!
- **Help your family** with chores around the house.
- **Shovel snow or pick up leaves** for elderly neighbors or others who may struggle doing so themselves.

To find more ideas for kindness activities, please visit us at www.randomacts.org/kindness-ideas/