

# ACTS OF KINDNESS

HOLD THE  
DOOR OPEN  
FOR SOMEONE

DO A CHORE  
FOR SOMEONE  
WITHOUT THEM  
KNOWING

TELL A JOKE

FEED THE BIRDS

PICK UP LITTER

PUT A SMALL  
BIN IN YOUR  
CAR TO COLLECT  
RECYCLING

WASH  
SOMEONE'S  
CAR

LEAVE SOMEONE  
A KIND NOTE

DONATE  
OUTGROWN  
CLOTHES

TALK TO  
SOMEONE NEW  
AT SCHOOL

BRING FLOWERS  
TO SCHOOL

BURY  
TREASURE IN  
THE PARK

REUSE PAPER  
WHEN YOU ARE  
DRAWING

SET THE TABLE  
FOR DINNER

PLANT  
SOMETHING

LET SOMEONE  
GO AHEAD OF  
YOU IN LINE

TELL SOMEONE  
WHY THEY ARE  
SPECIAL TO YOU

TURN OFF  
THE WATER  
WHILE BRUSHING  
YOUR TEETH

SET THE TABLE  
FOR DINNER

SMILE AT  
EVERYBODY.  
IT'S CONTAGIOUS!



IT'S WHAT'S INSIDE THAT COUNTS  
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