

## DIVISIONS

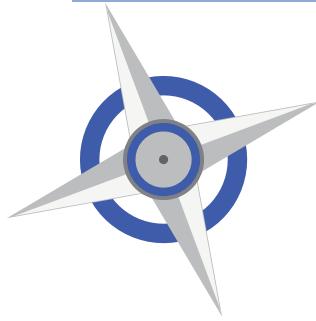
- Card
- Challenge
- Craft
- Game / Activity
- Group
- Holiday
- Ideas
- Online
- Song
- SWAP
- Theme
- Top 10
- Type of
- Words
- Various / Other
- \_\_\_\_\_

## Random Acts of Kindness – Easy and Free Ideas

- Arrange a playdate
- Babysit for free
- Be a positive influence
- Be kind to yourself
- Bring a neighbor's garbage can up to their home
- Carry in groceries
- Carry someone's bag / backpack
- Check in with a classmate
- Clean up a park
- Clean up a playground
- Clean up after someone else
- Collect books for a library or organization
- Compliment someone honestly
- Do a 5K run / walk for a good cause
- Do a favor for free
- Donate books or games to a children's hospital
- Donate extra Halloween candy
- Donate used sports equipment
- Donate your gently used toys
- Donate your hair after your haircut
- Donate your old clothes
- Draw a picture for a friend
- Dry the slides, swings, etc. at the playground
- Edge your neighbor's sidewalk
- Encourage others
- Forgive someone
- Give up your bus / train seat to someone who needs it
- Go Christmas caroling
- Have a complaint-free day
- Help a single parent travelling alone with kids
- Help clean someone's house
- Help make dinner
- Help older family members
- Help someone before they ask
- Help someone take their groceries to their car
- Help someone with a flat tire
- Help with the dishes
- Help your neighbor with yard work
- Hold a door open
- Hold the elevator
- Hug
- Leave a letter in a library book
- Let someone else pick what you watch on tv
- Let someone go in front of you in line
- Let someone have a turn before you
- Listen attentively

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- Make a heart out of flowers, leaves and rocks in the park
- Make a snack for your siblings
- Mentor someone
- Pick up items on floor
- Pick up litter
- Play a game your siblings love
- Play music for others
- Play with someone who is alone
- Practice self-care
- Praise someone's work
- Put out water for birds / wildlife
- Rake leaves for an elderly neighbor
- Read a book to someone
- Recycle
- Return shopping carts at the grocery store
- Ride your bike or walk
- Save soda tabs for a children's hospital
- Say "hi" and smile
- Say "please" and "thank you"
- Secretly do a chore
- Set the table
- Share a cry
- Share a joke
- Share a laugh
- Share a photo
- Share your lunch
- Shovel a neighbor's walkways
- Show a new kid around the school
- Show an interest in someone's hobby
- Sing songs at a nursing home
- Sit next to someone new
- Smile
- Spend a day at a homeless shelter
- Start a homework club
- Stick up for a friend
- Support a friend
- Support stranger online
- Take your siblings to play outside
- Teach someone something you know
- Tell others what your favorite thing is about them
- Thank your teacher, coach, babysitter, etc.
- Tutor a classmate
- Visit older friends and relatives
- Volunteer / play with animals at a shelter
- Volunteer at a soup kitchen
- Volunteer for extra chores
- Wait for someone to cross the road
- Walk your neighbor's dog
- Water a neighbor's flowers
- Write a poem or story

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