



Teach your child how to give random acts of kindness  
with these activities picked just for you!

- 1. GIVE HUGS TO YOUR FAMILY MEMBERS FOR NO REASON AT ALL!**
- 2. ANYWHERE YOU AND YOUR CHILD GO, LET THEM HOLD THE DOOR FOR OTHER PEOPLE.**
- 3. FIND SOME SMOOTH STONES OR ROCKS. COME UP WITH KIND STATEMENTS WITH YOUR CHILD. FOR EXAMPLE, “KEEP YOUR HEAD UP” OR “YOU ARE LOVED”. PAINT OR WRITE THESE MESSAGES ON THE ROCKS AND THEN TAKE A WALK WITH YOUR CHILD AND LET THEM LEAVE THE ROCKS IN BUSHES AND FLOWERBEDS IN THE NEIGHBORHOOD. TELL YOUR CHILD THAT WHEN SOMEONE FINDS ONE OF THESE ROCKS, IT WILL MAKE THEIR DAY!**
- 4. ASK YOUR CHILD TO PICK OUT 3 TOYS THAT THEY DON’T LIKE TO PLAY WITH ANYMORE. TAKE THEM TO DONATE THE TOYS AT GOODWILL OR A LOCAL PRESCHOOL!**
- 5. AT THE END OF A FAMILY MEAL, ASK YOUR CHILD TO HELP YOU CLEAR THE DISHES FOR THE REST OF THE FAMILY.**
- 6. MAKE A SPECIAL TREAT WITH YOUR CHILD AND TAKE IT TO A FIREHOUSE OR POLICE STATION AND SAY THANK YOU FOR THEIR SERVICE!**
- 7. CREATE A BLESSINGS BAG. FILL A LARGE ZIPLOC BAG WITH A BOTTLED WATER, A PAIR OF ADULT SOCKS, A NUTRIGRAIN OR GRANOLA BAR, A PIECE OF FRUIT, SOME DEODORANT, MOUTHWASH, OR ANYTHING YOU FEEL SOMEONE DOWN ON THEIR LUCK WOULD NEED AND APPRECIATE. WHEN YOU SEE**

**SOMEONE ASKING FOR HELP, ROLL DOWN YOUR WINDOW AND  
LET YOUR CHILD GIVE THEM A BLESSINGS BAG!**

**8. LET YOUR CHILD KNOW HOW SPECIAL THEY ARE EVERYDAY!**

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