

Name \_\_\_\_\_

Date \_\_\_\_\_



Use our Acts of Kindness Action Bank to choose 12 Acts of Kindness - or come up with some of your own! Cut and paste your chosen activities onto this sheet, or get creative and write them in yourself. When you finish an activity, make sure to check it off and update your team and supporters on your progress.




# Acts of Kindness Action Bank

Make a bird feeder out of recycled materials and hang it up outside

Write a thank you note to a teacher and give it to them

Have a physically distant chat with a new friend and learn more about them

Ask to help with a household chore

Ask if you can wash your parent's or neighbour's car

Draw a picture or make a card to send to a senior at a local retirement home

Bake a delicious treat for your family or a friend

Ask if you can shovel snow or rake leaves for a neighbour or a friend

Make a family member breakfast in bed

Write down 3 things you are grateful for every night for a week and share them with a family member or a friend

Send a postcard to a friend with a positive message

Plan a family night: arrange the meal, snacks, and entertainment

Offer to entertain your siblings and give your parents some time to relax

Cook a meal and drop it off at a friend or family member's house

Write 5 thank you letters to give to essential workers



# Acts of Kindness Action Bank

Decorate rocks with positive messages and leave them where others will see them and smile

Read a book with a parent or sibling

Pick up litter around your neighbourhood and dispose of it properly

Teach a (virtual) lesson to a friend sharing a talent you have: music, art, dance, etc.

Call a friend or family member on their birthday

Call your grandparents or a family member you don't live with to check in; ask them to tell you a story from their childhood

Arrange a reunion with your loved ones online. Connect with each person individually and help them prepare for the call

Write thank you letters to the people you live with and hand them out

Leave a kind online review for a local business you like to visit

Make a list of the reasons why you appreciate a friend, and share it with them

Help another student or a sibling with their homework

Start every conversation with a compliment - for the whole day

Write a letter to a family member and mail it to them

Arrange an online call to get to know a new student in your grade

Draw inspiring doodles and messages of hope on your driveway or sidewalk