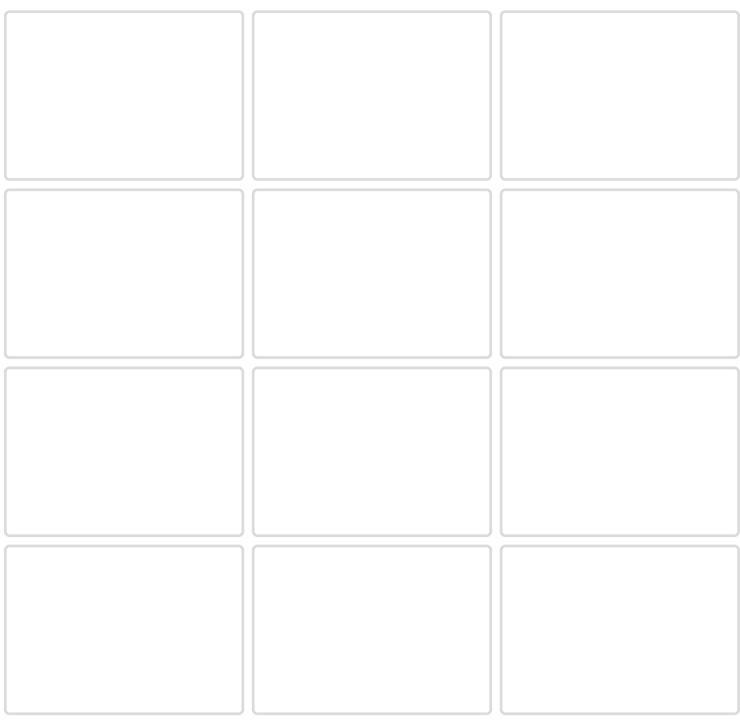


Use our Acts of Kindness Action Bank to choose 12 Acts of Kindness - or come up with some of your own! Cut and paste your chosen activities onto this sheet, or get creative and write them in yourself. When you finish an activity, make sure to check it off and update your team and supporters on your progress.





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