

20 Random Acts of Kindness

Try some of these random acts of kindness. Remember to ask an adult for help before completing these activities.

1. Run a bubble bath for a grown-up.
2. Bake buns for your class.
3. Make some food for somebody.
4. Take some flowers to an elderly neighbour.
5. Send a postcard to a friend.
6. Hold a door open for somebody.
7. Set the table for dinner.
8. Wash somebody's car.
9. Donate old clothes to a charity shop.
10. Use your pocket money to buy somebody a present.
11. Empty the dishwasher or wash up.
12. Give a compliment to somebody.
13. Volunteer to help at an after-school club.
14. Clean up after somebody.
15. Help another person carry something.
16. Invite somebody playing alone to join in.
17. Phone somebody you haven't spoken to for a while.
18. Leave a secret message for somebody.
19. Raise money for a charity.
20. Make a birdfeeder.

