You help an elderly person with yard work.

You do not open the door for another.

You give to the food bank.

You make fun of someone.

You donate time at a senior center.

You throw a temper tantrum when you don’t get what you want.

You won’t share your toys.

You help someone with their homework.

You give a toy to the homeless shelter.

You won’t play with the new kid.

You volunteer at the local shelter.

You run or skate around in a store.

Random Acts of Kindness
You hit your brother.

You give spare change to the homeless.

You mow your sick neighbor’s yard.

You hit someone with a shopping cart.

You give a donation to charity.

You visit a nursing home.

Be a buddy to the new student.

You pick up trash in the community.

You help someone with grocery shopping.

You talk in the theater.

You give clothes to the needy.

You do not send a Get Well card to a sick friend.

Spread Kindness