



100 ACTS OF KINDNESS

- 1. Send acts of kindness to others around the world (pen pals, donating to hurricane/fire/earthquake victims, etc).**
- Put change in a vending machine.
- Hold the door for someone.
- Do a chore for someone else without them knowing.
- Return someone's cart at a store.
- Leave a kind letter in a library book.
- Leave happy notes around your home.
- Recycle bottles.
- Pick up 15 pieces of litter in a day.
- Let someone (not just a friend) go ahead of you in line for no reason.
- Sincerely compliment someone on their abilities, personality, or character trait.
- Wash someone's car.
- Write a thank you note.
- Create and deliver a care package.
- Bake desserts for someone.
- Set up a lemonade stand and donate the profits to a local charity.
- Send a card to someone in the military.
- Wash the dishes without being asked.
- Write kind words on rocks and leave them at a park. (Kindness Rocks!)
- Tell someone why they are special to you.
- Help clean up a mess.
- Write friendly chalk messages on the playground or sidewalk.
- Weed or shovel for your parents or neighbor.
- Donate food to the food pantry.
- Bring flowers to your teacher.
- Donate socks and toiletries to a homeless shelter.
- Take treats to the fire station.
- Read a book to someone younger or older than you.
- Leave pennies heads up on the sidewalk.
- Tell someone how much you care about them.
- Smile at everyone you see in a day.
- Share a favorite recipe.
- Clean your room without being asked.
- Hold the door open for someone.
- Invite someone new to play with you.
- Tell the director that you think your YMCA leader is great!
- Fill a kindness jar with candy for the janitor.
- 38. Show Appreciation to our community helpers (recognize school personnel, police officers, firefighters, etc).**
- Encourage and coach your teammates, even if you lose.
- Help make dinner.
- Bring out your neighbor's garbage cans for them.
- Feed and walk the dog without being asked.
- Wash the dishes after dinner.
- Teach someone something new.
- Slip a nice note into your friend's backpack.
- Pick up trash at the beach.
- Tell a joke and make your teacher laugh.
- Draw a picture and give it to someone younger than you.
- Say "good morning" kindly to all your teachers today. When you leave, wish them a good night.
- Offer to help your leader or custodian.
- Organize the bookshelf or art supply shelf.
- Record/make a kindness video to share with others.
- Write a kind note to an adult in your life.
- Carry your friend's backpack or things.
- 55. Share love with our furry friends (make blankets, make treats, donate items to animal shelters, write letters to employees at shelters, encourage adoption, etc).**
- Lend a pencil to a friend.
- Send a card saying, "You are awesome! Be brave today!" or something else kind to a local hospital, shelter, or charity.
- Say thank you to everyone who does something kind or courteous for you today.



PLAY IT FORWARD

Summer Day Camp 2018



59. If you know someone who is hurting or discouraged, ask "What can I do to help?"
60. Help do and fold laundry without being asked.
61. Take out the trash.
62. Use a lunchbox, not paper bags.
63. Wake up early to make breakfast for your family.
64. Call your grandparents to ask how they're doing. If they live with you, hang out with them without your phone.
65. Leave a thank-you note and candy bar in the mailbox for your mailman.
66. When you hear someone else gossiping, find 20 seconds of courage and stand up for the person. Say something kind about them.
67. Tell someone when they really made your day and explain why. Thank them.
68. Ask your parent how their day was and earnestly listen to their answer.
- 69. Brighten a senior's day (make baked good for senior center, decorate placemats to and donate to center, send cards to center, read/sing at senior center).**
70. Tell someone that they're doing a great job.
71. Buy a gift for someone for no reason.
72. Volunteer someplace.
73. Babysit your younger sibling for free.
74. Pass out balloons or flowers to people.
75. Give up your seat for someone.
76. Donate your allowance to a charity important to you.
77. Do a favor without asking for anything in return.
78. Show the new kid around school, the Y, the neighborhood.
79. Praise a familiar business through email or letters (field trip venue, Kona Ice, etc)
80. If someone drops something, help them pick it up.
81. Clean up before being asked, even if you didn't make the mess.
82. Give someone a hug when they really need it.
83. Organize a weekend afternoon of games for your family, without electronics.
84. Clean your room and donate old toys and clothes to a shelter or orphanage.
85. Write short compliments like, "you are awesome," and "have a great day" on index cards and pass them out to people.
86. Help an elderly person carry groceries to their car.
87. Make a birdfeeder.
88. Do something before your teacher asks.
- 89. Help the homeless (make sandwiches to bring to a homeless shelter, create care bags, etc).**
90. Send cards to family you don't see often.
91. Return shopping carts to the grocery store.
92. Leave pool toys with a note at the pool.
93. Put 50 paper hearts in a box. On each cutout write something that is special about someone in your family or a memory. Give your family the box as a gift!
94. Lend your favorite toy, book, or game to a friend.
95. Donate pet supplies to an animal shelter and play with some of the animals
96. Thank an adult for something that they do.
97. Help teach something you're good at to someone.
98. Let your parents sleep in.
99. Leave change in a vending machine or at the counter of a grocery store or fast food place for the next person.
100. Explain to someone else what it means to "pay it forward" and encourage them to continue Acts of Kindness!

