



# Find the Kind!

## Acts of Kindness List



### Pets

Walk your neighbors dog.  
Play with your pets.  
Take care of your neighbor's animals while they are away.  
Do a sidewalk "temperature" check before you walk dogs during the summer.  
Bake dog treats.  
Make cat toys.  
Learn how to take care of a pet properly.  
Make a bird feeder and learn how to care for it.  
Donate toys, pet food or blankets to your local animal shelter.  
Read a book about being kind to animals.  
Give your pet an extra-long brushing.

### Family

Assist in the day to day living chores at home without being asked.  
Clean up a mess that is not yours.  
Create a coupon book of love and kindness for your family members.  
Do a wellness check on all of your distant family members; call them and see how they are.  
Spend time with a younger sibling.  
Write a name poem for a family member of the great characteristics of that person.  
Give someone in your family a compliment.  
Share. The remote. The games. The toys. Just share.  
Call your grandparents and ask about their childhood.  
Parents, tell your children what makes them so special.  
Forgive a family member and never bring the incident back up.  
Give away old toys to younger siblings.  
Skype/FaceTime with Grandma/Grandpa (with parents help).

### Random Acts

Write a social media post to a family member or friend appreciating them and share a favorite photo of a happy time.  
Create a positive message and special sidewalk art and "chalk it up" on your driveway or sidewalk.  
Go through your toys and donate the ones that are still in great shape, but are no longer played with.  
Write a letter to someone you know who would love to hear from you.  
Create a homemade gift or meal to give to a friend or neighbor. Attach your favorite kindness quote to it.  
Go through those clothes, what can you donate?  
Smile and say hello to someone. Even with a mask they can see your eyes smile!  
Give someone a compliment.  
Write a poem for a friend.  
Go through all of those books, are there any you can donate!  
Cheer up others.  
Go a day without complaining, find the good!  
Text someone and just let them know you are thinking of them.  
Be a friend: someone is needing one.  
Be grateful. Tell others why you are grateful for them.  
Share your umbrella when it rains.  
Make something homemade for someone and mail it out, give someone a special gift in the mail.  
Find joy and spread it! Play outside a game that others can easily join and welcome them.  
Paint a nice message on a rock and hide it for someone to find.  
Think of 3 ways to encourage kindness and peace in our community, create a poster and of it and put it on social media.  
Reach out to a friend and make a list of 5-10 reasons you are glad they are in your life.  
Take flowers to someone: neighbor, teacher, elderly person, essential worker, etc.  
Hold the door for someone in public.  
Listen...intently to others.  
Welcome new people.  
Be the person that stays a little later and helps clean up.

Did someone seem rude? Cut people slack, we all have bad days.  
Put the phone down and interact with the person you are with.  
Don't interrupt when someone else is talking.  
Self kindness: Forgive yourself of something you are beating yourself up for.

### Community

Pick up trash when you are out and about.  
Start an online club to help those who are feeling isolated. IE. book club, games and trivia.  
Call the local food pantry and see what they need, then go to the store and buy an item or two if you can afford it.  
Order from your favorite restaurant and then leave a fabulous review on Google or Yelp (with parents help).  
When you go to a store, hide special notes around it for the next customers of kindness and support quotes.  
Send thank you cards to people in your community.  
Write special notes for people who receive meals at home.  
Play nicely, interact nicely and kindly with others.  
Put grocery carts back in their corral.  
Gossip? Be the one to stop it by saying something nice.  
Pause. Think intentionally before you speak.  
Be compassionate. Not Critical.  
Plant a tree.  
Scatter wildflowers where everyone will enjoy them.  
Educate yourself and your neighbors about recycling.

### Helping Others

If you are able, get an isolated neighbor their groceries for them.  
Choose a charity that means something to your family and go "all in" with them. Volunteer and champion their cause.  
Post to social media or send via emails or texts a picture of a book you are currently reading or have read that you love.  
Do you love to write letters? moreloveletters.com has a list of people that could benefit from a letter right now.  
If you know you will need to make a purchase in the future, buy a gift card now from local businesses.  
Help someone else with something you are really good at but they have difficulty.  
Donate your old eyeglasses. Someone really needs that prescription!  
Buy a hand sanitizer bottle and decorate it, then give it as a present to someone.  
Bring in your neighbors trash can.  
Make an upbeat playlist for someone.  
Offer to be a mother's helper for a friend or neighbor.  
Leave coupons you will not use in the store for others to find by the items they are good for.  
Leave a happy note in a library book.  
Cook dinner for a new or lonely neighbor.  
Write letters to soldiers overseas.

### Small Children

Play together.  
Follow your child's lead.  
Make funny faces and have your child mirror you.  
Name the emotions that each face represents.  
Create a "cool down kit" to help regulate "hot" emotions.  
Build something together and knock it down!  
Take care of a pet together.  
Praise your child for their efforts.  
Water a plant together.  
Drop coins in the Change for Change Receptacles (help the homeless).  
Make a fort and read a book together by flashlight inside.  
Share ten things you are grateful for.  
Learn a new song from an old relative.  
Attend Arizona's Children Association Workshops.  
Blow bubbles (and take extra) to the playground  
Brainstorm kindness/service ideas you'd like to try next.

# #BeKindRealKind