

# 65 random acts of kindness for families


1. Make care packs of toys and stickers for kids
2. Carry a stranger's groceries to her car
3. Plant milkweed to attract butterflies
4. Volunteer at an animal shelter
5. Donate your hair for children with cancer
6. Give honest compliments to strangers throughout the day
7. Bake cookies for your local fire station (ours told us they love getting treats!)
8. Leave a treat and thank you note at your local police station
9. Make a charity lemonade stand
10. Research charities and donate to your favorite
11. Leave a note and a treat in the mailbox for the mail carrier
12. Donate old toys
13. Donate old clothes
14. Babysit or be a "mother's helper" for younger friends
15. Go to a coffee drive-thru and pay for the order behind you
16. Make sandwiches for homeless people
17. Volunteer at a soup kitchen
18. Bring your teacher coffee or hot chocolate
19. Pick up trash at the beach or park
20. Draw a picture for a friend
21. Take your dog or neighbor's dog on a walk
22. Read a book at a nursing home
23. Be a friend to someone new at school
24. Make a flower bouquet for a friend
25. Donate books or games to the children's hospital
26. Sign up for a run and raise money for a charity
27. Scatter wildflower seeds somewhere everyone will enjoy
28. Send postcards to friends and family
29. Write inspiring notes on cards and leave them on cars in a parking lot
30. Send a packet of flower or veggie seeds to a friend
31. Give someone a lottery ticket
32. Give someone a Starbucks gift card
33. Make a bracelet for a friend
34. Leave a container of bubbles or a hula hoop in the park
35. Send a care package to a family friend in college
36. Make spa beauty care packages with lotion, nail polish, and nail files for the ladies in your life
37. Return the shopping carts to the grocery store
38. Leave a pack of baby wipes on a baby changing station

please enjoy this   
random   
act of kindness

→ pay it forward with a RAOK of your own

39. Leave pool toys with a note at the pool
40. Leave sunscreen and kids' sunglasses at the beach
41. Leave little containers of birdseed near a park or lake so people can feed the birds
42. Plant a tree
43. Tape quarters to parking meters
44. Leave a plant or basket of treats in your school office
45. Cook dinner for your family
46. Smile at strangers
47. Leave a jar of wishing pennies by a fountain
48. Leave granola bars in the waiting room at the hospital
49. Bring your teacher flowers
50. Give a hug
51. Instead of birthday presents, ask guests to donate to a favorite charity
52. Open a door for someone
53. Make a gift for a sibling
54. Mow a neighbor's lawn
55. Leave a reusable shopping bag in a grocery cart
56. Leave a bucket of old tennis balls at the dog park
57. Hand out notes with compliments to friends
58. Paint inspiration stones to give or leave around town
59. Donate canned food to a food bank
60. Help with the dishes
61. Share a toy with a friend
62. Help set the table
63. Help with chores
64. Donate a book to the library
65. Hold the door for someone

*Have fun, kindness fairy!*

 yummy mummy kitchen