

*Help an elderly person
cross the street.*

— BE KIND —

*Help a younger sibling
with their homework.*

— BE KIND —

*Participate in a
beach cleanup.*

— BE KIND —

*Visit an animal
shelter.*

— BE KIND —

Smile at someone.

— BE KIND —

*Help a friend with
their bags or luggage.*

— BE KIND —

*Pick up litter and
put it in the bin.*

— BE KIND —

*Make a homemade
treat for your pet.*

— BE KIND —

*Forgive yourself for
a mistake you've made.*

— BE KIND —

Mentor someone.

— BE KIND —

*Help the environment by
reusing a water bottle.*

— BE KIND —

*Befriend a lonely
person.*

— BE KIND —

*Reach out to someone you
haven't spoken to in a while.*

— BE KIND —

*Buy or make your pet
a new toy to play with.*

— BE KIND —

*Sit with someone
who is eating alone.*

— BE KIND —

Read to the elderly.

— BE KIND —

*Donate clothes and shoes
to a local charity shop.*

— BE KIND —

*Do your sibling's
household chore.*

— BE KIND —

*Give a framed photo to your
parents (or grandparents).*

— BE KIND —

*Tell someone you've fought
with that you're sorry.*

— BE KIND —

Sign up to be an organ donor.

— BE KIND —

Return a lost item to the owner.

— BE KIND —

Be kind to someone you dislike.

— BE KIND —

Encourage someone who is working hard.

— BE KIND —

Vacuum the floor without being asked.

— BE KIND —

Take a shorter shower to conserve water.

— BE KIND —

Make a donation to a charity you care about.

— BE KIND —

Teach someone how to ride a bike.

— BE KIND —

Listen to a friend's problems or worries.

— BE KIND —

Create a music playlist for your friends or family.

— BE KIND —

*Let someone else take your
seat on public transport.*

— BE KIND —

*Praise the work
of others.*

— BE KIND —

*Share your umbrella with
someone.*

— BE KIND —

*Cook a meal for your
friends or family.*

— BE KIND —

*Sponsor a child in
a developing country.*

— BE KIND —

*Participate in a
fundraiser or donation.*

— BE KIND —

*Be considerate of
other people's feelings.*

— BE KIND —

Hug someone you love.

— BE KIND —

*Tell a friend something
you like about them.*

— BE KIND —

*Offer to take a neighbour's
dog for a walk.*

— BE KIND —

*Tell a joke and make
someone laugh.*

— BE KIND —

*Lend a pen or pencil
to a friend.*

— BE KIND —

*Offer to fix things
that are broken.*

— BE KIND —

*Cheer up someone
who is feeling sad.*

— BE KIND —

*Learn to say hello
in a new language.*

— BE KIND —

*Give someone
a compliment.*

— BE KIND —

*Entertain someone
with a happy dance.*

— BE KIND —

*Help someone up
if they fall down.*

— BE KIND —

*Offer a tissue if
someone sneezes.*

— BE KIND —

*Help out a friend
even if it's not easy.*

— BE KIND —

