

*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 —

