

Acts of Kindness Scavenger Hunt

Mark each square as you complete the Act of Kindness.



“We carry with us, as human beings, not just the capacity to be kind, but the very choice of kindness.”
— R.J. Palacio, *Wonder*

Give someone you love a big hug.

Hold the door open for someone.

Dust a room in your house or in a family member's house.

Write a nice note to a family member.

TAKE OUT THE TRASH.

Call a grandparent, aunt, or uncle to say hello.

Tell the members of your family why you love them.

Share your smile with everyone you see.

Make your bed.

Offer to help your parents with a task.

CLEAN YOUR ROOM WITHOUT BEING ASKED.

Read a book to a family member.

Create your own Act of Kindness!
Write it here:

Pick up litter in your community.

Donate clothes that do not fit anymore to someone who could use them.

Ask a family member to tell you a story you've never heard before and actively listen.

Teach someone a new skill.

Tell a joke.

Prepare an easy meal or snack for your family.

Congratulate someone for a job well done.

Set the table for dinner.

HELP CARRY IN THE GROCERIES FROM THE CAR AND PUT THEM AWAY.

Volunteer to help a neighbor with a task.

CHEER SOMEONE UP WHO IS FEELING DOWN.

Give someone a compliment.