

Random Acts of Kindness Day Checklist

Name: _____

In School		At Home	
	When talking in a group, try to get everyone involved in the conversation.		Offer to help with housework, such as doing the dishes or taking the rubbish out.
	Hold the door open for someone.		Phone or video call a family member for a wee chat.
	Smile and introduce yourself to someone who you see a lot but have never spoken to before.		Offer to help tidy an area of your house. Alternatively, if you have a garden or outdoor area, tidy a bit of that.
	Make someone laugh.		Compliment a family member.
	Help someone who dropped something.		Ask someone about their day and listen.
	Be patient with others in your class.		Run an errand for a family member who is busy.
	Thank your teacher for their lessons.		Donate unwanted items to charity.
	Pick up a piece of litter and put it in the bin.		If you have a sibling, offer to help them with homework or play something with them.
	Offer to help tidy an area in a classroom or school.		If you have a pet, offer to feed or walk it.