

Simple Acts of Kindness

Open a door for someone	Ask someone how they've been lately
Share something you love	Call a relative you haven't talked to in a while
Make a card for someone	Ask a teacher or co-worker if they need any help
Help someone with a chore	Tell a friend what they mean to you
Write someone a nice note	Help someone carry something
Draw a picture for someone	Give 5 high fives to 5 people
Give someone a compliment	Share a snack with a friend