

# Kickstart Kindness

## Everyday kindness activity checklist

Print or save this interactive checklist to your computer. Check off the activities as you complete them. Remember to extend kindness to the community and environment; your co-workers, family, friends, home, neighborhood and school; and yourself.



- Acknowledge success.
- Ask an older person to reminisce about the “good old days.”
- Ask for a nonprofit donation rather than a birthday or anniversary gift.
- Be courteous to services workers, such as waiters, waitresses and cashiers.
- Be encouraging.
- Bring a welcome gift or treat to a new neighbor.
- Bring healthy treats to share at school or work.
- Bring treats to a firehouse or police station.
- Call someone just to see how he or she is doing.
- Carpool when you can.
- Celebrate birthdays at work.
- Clean up shared spaces.
- Complete someone’s chores.
- Donate hair through organizations like Locks of Love.
- Donate old clothes.
- Donate to a local nonprofit.
- Drink water.
- Eat healthy.
- Enjoy nature.
- Exercise.
- Forgive someone.
- Get to know a new co-worker, classmate or neighbor.
- Give a compliment.
- Give recognition at school, in a meeting or on a Kudoboard.
- Greet people while at school, work and in the community.
- Help someone who is struggling in subject you are good at.
- Help without being asked to help.
- Hold the door or elevator.
- Hold virtual check-ins or coffee chats.
- Include others in your play and projects.
- Invite someone to sit with you at lunch.
- Journal.
- Leave a generous tip at a restaurant.
- Leave a kind note for a family member to find.

- Leave a kind note in a library book for someone to find.
- Leave a thank-you or treat to your letter carrier or delivery person.
- Let someone check out in front of you at the grocery store.
- Limit your use of paper.
- Make a fresh pot of coffee.
- Meditate.
- Mow someone's lawn.
- Offer to babysit children for free.
- Offer to get someone's mail while they are away.
- Offer to shop for groceries for someone in need.
- Offer to take someone's grocery cart to the cart return.
- Offer to take a photo for a group when you see that one member can't be in the photo.
- Offer to watch someone's pet while they go on vacation.
- Organize a charity drive in your workplace.
- Organize a family reunion.
- Organize a meal for someone who is sick.
- Organize a neighborhood block party.
- Organize an activity with co-workers.
- Pay for someone's meal or coffee.
- Pick up trash.
- Plan time for personal connections during virtual meetings.
- Plant a tree.
- Put your phone away and listen with intent when someone is speaking to you.
- Rake leaves for someone.
- Read.
- Reduce, reuse and recycle.
- Rest.
- Say "please" and "thank you."
- Send a card or a note to someone telling him or her why he or she is special.
- Send a kind note to someone.
- Send letters, cards or packages to military personnel.
- Send someone flowers.
- Serve breakfast in bed.
- Set goals.
- Share and take turns.
- Shop from a locally owned business.
- Shovel the driveway, sidewalk or walkway for someone.
- Show a new student around school.
- Sign up for a class.
- Smile at people as you pass.
- Stand up to bullying.
- Start a new hobby.
- Stop comparing yourself to others.
- Take a bubble bath.
- Take someone to lunch.
- Take a meal to someone.
- Tape money to a parking meter as a gift for the next person.
- Tape money to a vending machine as a gift for the next person.
- Teach someone a new skill.
- Tell a co-worker's boss about the co-worker's success.
- Tell the manager or supervisor when you receive good service.
- Thank co-workers for their contribution to the organization.
- Thank your teacher and other school staff.
- Use positive self-talk.
- Use reusable mugs, water bottles or grocery bags.
- Visit a nursing home or write letters to the people in the home.
- Visit an older person.
- Volunteer in your community.
- Vote.
- Walk or bike instead of driving.
- Walk or run a 5K for a sponsored cause.
- Write a fun note on the sidewalk with chalk.
- Write a letter to someone who had a positive impact on you.