

# 50 Meaningful Family Acts of Kindness that teach compassion.

DoingGoodTogether.org

## In 5 minutes...

- Decorate a giving box to collect change for good.
- Set up a big-hearted mail center with our printable.
- Donate online to a cause you care about.
- Leave a book in a Little Free Library.
- Offer to pick up groceries for an ailing neighbor.
- Discuss big ideas with our conversation starters.
- Print and commit to our 30-Day Kindness Challenge.
- Share your story, and inspire others to do good.
- Sign up for Doing Good Together's newsletter.

## In 1 hour...

- Hold family meetings, and set big-hearted goals.
- Create cheerful drawings for Color-A-Smile.
- Create pet toys for an animal shelter.
- Send notes to soldiers with Thanks a Million.
- Take a walk and clean up your neighborhood.
- Give the gift of recognition with DGT's award printable.
- Write cheerful poems for lonely neighbors.
- Create encouraging bookmarks to put in library books.
- Decorate lunch bags for Meals on Wheels.
- Donate kids' craft kits to a children's hospital.

## In a few hours...

- Work in a community garden.
- Make no-sew blankets for the Linus Project.
- Host a book drive for Operation Paperback.
- Create essential hygiene or baby care kits for CWS.
- Host a Family Service Fair with Doing Good Together.
- Visit a nursing home and make new senior friends.
- Create birthday bags for a local food pantry.
- Cook a meal at a local shelter.
- Create a newsletter about a cause you love.

## Daily...

- Ask "who have you helped today?" and "who has helped you today?"
- Discuss big ideas with our conversation starters.
- Read and discuss big-hearted books.
- Give a thank you card to a helper in your life.
- Keep a DIY kindness journal.
- Bike, walk, take a bus, or carpool if possible.
- Print big-hearted placemats for a family meal.

## Monthly...

- Adopt a family through the Box Project.
- Share books pen-pal style with Family-to-Family.
- Make microloans through KIVA.
- Shop for and deliver donations to a food pantry.
- Visit a local nursing home and read to residents.
- Offer to babysit for a single parent.
- Start a kindness club to meet local needs.
- Read Doing Good Together's volunteer listings and choose a new service opportunity.

## On holidays...

- Create your own kindness-themed tradition.
- Host a Valentine's Card Making party for hospitalized kids or folks in a nursing home.
- Celebrate Earth Day by greening up your habits.
- Deliver May Day baskets in your neighborhood.
- Print our Summer of Kindness Bucket List.
- Make cards for military families at the 4th of July.
- Trick-or-Treat for UNICEF.
- Adopt a family for the holidays.