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.

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.

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.

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.

Find these ideas - and many more - at DoingGoodTogether.org

©2017 Doing Good Together™