



Seattle Children's  
HOSPITAL • RESEARCH • FOUNDATION

# KIDS MARATHON

## DO-RIGHT-O-METER

### DO-RIGHTS

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Complete 13 do-rights for the  
Seattle Children's Kids Marathon 2015

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

### DO RIGHT SUGGESTIONS

Here are a few examples of "Do rights" or "good deeds" to get you started on your way

1. Take out the trash
2. Do the dishes
3. Mow the lawn
4. Rake the leaves
5. Carry in the groceries
6. Collect newspapers for charity
7. Read a book to a younger child/sibling
8. Get 5 friends to each do a good deed
9. Set the table for dinner
10. Volunteer at a local charity
11. Send a card to a Senior Home
12. Help a friend with their schoolwork
13. Pick up litter in your neighborhood
14. Collect and donate items to charity
15. Donate old toys to charity
16. Volunteer at a local running or sporting event
17. Volunteer at a summer camp
18. Walk an elderly neighbor's dog
19. Help your grandparents with housework/chores
20. Clean the house while your parents are out
21. Help someone with their bags getting off of a bus
22. Volunteer at a soup kitchen
23. Tidy shelves in a supermarket
24. Hold a door open for someone
25. Help another kid do a good deed
26. Pay someone else's bus fare when they can't
27. Let someone have your seat on the bus
28. Wake up early and make breakfast
29. Say Hi and smile at people you don't know
30. If a classroom is messed up start to clean it without being asked

