WE’RE JOINING 🌍 Kids & Teens All Over the World to ❤️ Give Back on 🎉 December 3 for the 🌍 Global Day of Giving - #GivingTuesdayKids!

**Kindness at 🏫 School**
- Make a new friend
- Talk to someone new at school
- Tell your teacher “Thank You” just because
- Tell your principal about your favorite teacher
- Thank the cafeteria staff
- Sit with someone new at lunch
- Help a classmate
- Fist-bump a friend
- Make a friend laugh
- Return books to book cart/shelf
- Offer to help your teacher
- Let someone board the bus before you
- Help clean up after a classroom activity
- Hold a door for a teacher or classmate
- Compliment someone sitting near you
- Say “please” & “thank you”
- Play with a new friend on the playground or try a new game
- Offer to sharpen pencils

**Kindness at 🏡 Home**
- Help do laundry
- Help load dishwasher
- Make your bed without being told
- Clean your room without being asked
- Clear your plate after dinner
- Give a family member a compliment
- Give family member a hug
- Write a letter to a family member telling them how much you love them
- Open the car door for a family member
- Leave a note telling a family member how special they are to you
- Help bring in groceries
- Offer to wash the car
- Make popcorn for movie night
- Offer to help with the grocery shopping

**Kindness at 📚 Club**
- Hold the door for someone
- Let someone go ahead of you in line
- Talk to someone new
- Tell a joke
- Pass out pencils for power hour
- Pass out paper for power hour
- Help pass out material for art projects
- Carry the sports equipment to the gym
- Compliment a friend
- Compliment a member you don’t know well
- Make a card for a staff member
- Tell someone why they are special
- Make a “Get Well” card for someone who is sick
- Become a Study-Buddy
- Read to younger members
- Write a letter to the principal about a teacher you appreciate
- Say Hello/Goodbye to other members
- Fist-bump a member who answers a question correctly
- Pass out snack
- Clean up after snack time
- Clean up after Power Hour
- Clean up after programs
- Offer to help set up centers
- Leave positive notes for others
- Recognize others’ accomplishments
- Sit with someone new at snack
- Collect a Kindness Coupon

**Member Name:** ___________________________  **Site:** ___________________________
☐ Take out the trash
☐ Do chores without being asked
☐ Get ready for school without being told
☐ Set the table for dinner
☐ Help make lunch
☐ Clean up after yourself
☐ Turn down the bed for your parent(s)

**KINDNESS FOR THE 🌍 PLANET & 🧡 COMMUNITY**

☐ Pick up litter
☐ Put change in a vending machine
☐ Put change in a parking meter
☐ Leave a paper note in a library book
☐ Hold a door
☐ Recycle
☐ Donate to Stuff-A-Bus
☐ Walk dogs at the animal shelter
☐ Brush your teeth with the tap shut off
☐ Turn off the lights when no one is in the room
☐ Plant a tree
☐ Start a garden
☐ Share your umbrella
☐ Tell neighbors to “Have a nice day”
☐ Return shopping carts
☐ Donate coloring books to the children’s hospital
☐ Make a candy gram for the police department
☐ Make “Thank You” notes for Dominion/SCE&G linemen
☐ Take a treat to the fire station
☐ Leave kindness stones (#BGCKindness)
☐ Leave a note for sanitation workers

**KINDNESS FOR 👧 Yourself**

☐ Read a book
☐ Drink water
☐ Go for a walk
☐ Exercise
☐ Eat a healthy snack
☐ Meditate
☐ Write yourself a motivational note
☐ Go to bed early
☐ Turn off the TV & play a board game
☐ Take a break from electronics
☐ Learn something new
☐ Sing & Dance
☐ Color or Draw
☐ Spend time outside
☐ Overcome a fear

**RANDOM ACTS OF 💙 KINDNESS**

☐ __________________________________________
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**MEMBER NAME:** __________________________________________
**ADULT SIGNATURE:** __________________________________________
**SITE:** __________________________________________