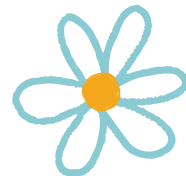


# SUMMER ACTS OF KINDNESS CHECKLIST



## PRESCHOOL EDITION

- Say something nice to someone.
- Hold the door for someone.
- Make a new friend.
- Say you're sorry.
- Donate clothes, toys, or books.
- Give a flower to someone.
- Paint Kindness Rocks.
- Share with someone.
- Let someone else go first.
- Write a thank-you note.
- Give someone a hug.
- Make a get well card for someone.
- Fill neighborhood sidewalks with chalk messages.
- Feed the birds.
- Smile!



# SUMMER ACTS OF KINDNESS CHECKLIST

KIDS  
EDITION

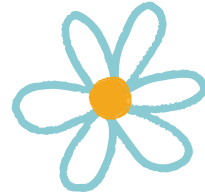


- Hold the door for someone.
- Make someone else's bed.
- Help make dinner.
- Donate clothes, toys, or books.
- Clean your room (without being asked).
- Paint Kindness Rocks.
- Fill neighborhood sidewalks with encouraging chalk messages.
- Return someone's cart at the store.
- Say thank you to someone that helps you.
- Call a relative you haven't spoken to lately.
- Introduce yourself to someone new.
- Clean up a mess that isn't yours.
- Send a video message to a friend.
- Give a compliment.
- Smile!



# SUMMER ACTS OF KINDNESS CHECKLIST

TEENS  
EDITION



- Walk a neighbor's dog.
- Cook dinner for your family.
- Collect litter – be sure to wear gloves.
- Clean your room (without being asked).
- Create thank you care packages for community helpers.
- Return someone's cart at the store.
- Call a relative you haven't spoken to lately.
- Introduce yourself to someone new.
- Offer to help an elderly neighbor with yard work.
- Donate clothes or books.
- Leave positive notes on friends' cars.
- Ask someone about their day.
- Give a compliment.
- Visit a nursing home.
- Smile!



# SUMMER ACTS OF KINDNESS CHECKLIST

ADULTS  
EDITION



- Plant a tree.
- Collect litter – be sure to wear gloves.
- Create thank you care packages for community helpers.
- Pay for ice cream for the family behind you.
- Call a relative you haven't spoken to lately.
- Introduce yourself to someone new.
- Offer to help an elderly neighbor with yard work.
- Donate clothes or books.
- Hang bird feeders. Try making your own!
- Take food to someone who is going through a hard time.
- Ask someone about their day.
- Give a compliment.
- Visit a nursing home.
- Donate to a charity.
- Smile!

