

ACTIVITIES FOR KIDS

15 Random Acts of Kindness

We all get so used to strangers being in a hurry, honking, rushing to get to the front of the line, that when someone shares an act of kindness, we are taken by surprise! So surprise those around you and teach your kids how to pay it forward using this list of ideas.

1. **Make care packs** of small toys, stickers, pens, etc. for kids in your neighborhood and leave them on their doorstep.
2. **Walk your neighbor's dog** for them or offer to take your friend's dog for a walk.
3. **Cook food for homeless people.** Make sandwiches and bring them to your local shelter, or volunteer at a soup kitchen.
4. **Make a bracelet** or necklace for a friend.
5. **Bring your teacher a gift**, like a small bouquet of flowers or a morning cup of coffee.
6. **Cook dinner for your family.** You can make something simple like a taco bar, or get the kids involved in helping with prep.
7. **Send postcards** to friends and family that live far away (or they can live in the same town!).

8. **Mow your neighbor's lawn**, help them gather leaves in the fall, or shovel their snow in the wintertime.

9. **Paint inspiration stones** and give them as gifts, or leave them around town.

10. **Pick up trash** at the beach or your local park.

11. **Make spa beauty care packages** for the ladies in your life. Include items such as small lotion bottles, bath bombs, nail polish, or nail files.

12. **Bake cookies** for your local fire station or police station.

13. **Read a book** at a nursing home.

14. **Write a thank you note** and give it to a helpful person in your life.

15. **Make a no-sew blanket** and bring it to a shelter or local Project Linus chapter.

SOURCE: YummyMummyKitchen.com

877.293.9355

concierge@wellviewhealth.com

my.wellviewhealth.com

f in 

