

# UNITED ACTS OF KINDNESS WEEK

## IDEAS FOR KIDS & SCHOOLS



- GIVE HUGS TO PEOPLE YOU CARE ABOUT
- MAIL A FAMILY MEMBER A CARD
- SIT WITH A NEW FRIEND AT LUNCH
- TELL SOMEONE HOW MUCH THEY ROCK AND WHY
- DRAW A PICTURE FOR A FAMILY MEMBER OR FRIEND
- TELL A FRIEND HOW MUCH YOU APPRECIATE THEM
- HOLD THE DOOR OPEN FOR SOMEONE AND SMILE
- BE A COMPLIMENT MACHINE AND COMPLIMENT 5 PEOPLE
- LEAVE A NICE NOTE IN A LIBRARY BOOK
- WRITE A THANK YOU CARD TO LAW ENFORCEMENT, FIRE FIGHTERS, A TEACHER, JANITOR OR LIBRARIAN
- INTRODUCE YOURSELF TO SOMEONE NEW
- OFFER TO INCLUDE SOMEONE WHO LOOKS LIKE THEY ARE FEELING LEFT OUT

**GIVE. ADVOCATE. VOLUNTEER.**  
**LIVE UNITED.**

