



## ARK ideas for Kids!

### (Acts of Random Kindness)

- Hold the door open for those behind you.
- Say good morning to your teacher, principal, school officials and classmates.
- Offer to let your classmate go first.
- Offer to take your neighbor's dog for a walk.
- Invite someone new over for a play-date.
- Collect foods and canned goods for a food bank.
- Volunteer to be a tutor or mentor in a school, especially if there is an area in which you can help another student.
- Give someone a compliment at least once every day.
- Color a picture, make a craft or send a treat to a senior center or nursing home.
- Donate your unwanted toys and books to the children in need.
- Write a thank you note to your teacher, your coach, a firefighter, your mentor or someone who has influenced you in a positive way.
- Clean up the area around your school or a local park, picking up trash and putting it in the garbage can. You can also help your teacher clean up the classroom.
- Be extra kind to your bus driver. Say hello when you get on the bus and say thank you when you get off the bus.
- Call your grandparent(s) or other special family members who you do not see often.
- Donate your unwanted toys and books to the children in need.
- Write a note to your parent(s) or grandparent(s) and tell them why they are special to you.
- Help around the house without being asked to do so, such as cleaning your room, taking out the garbage or helping with the laundry.
- Going to a new school can be really scary so be friendly to the new students in your class or grade.
- Organize the clothes you don't wear anymore and donate them to a clothing drive or shelter.
- Smile. Smiling is easy and happiness is contagious!