

Make a Kindness Chain



Materials: stapler, different colors of construction paper cut into 1" strips, pencil or marker

Brainstorm ways to be kind. (Some ideas are below.) After an act of kindness is completed, write it on a strip of construction paper. Make a loop by stapling it together with the words on the outside. Repeat with each completed kind act linking it to the previous, creating a chain of kindness. This can also be a family or classroom project.

- Gather clothes or toys you've outgrown and donate them.
- Read a favorite book to a younger sibling or friend.
- Today, try to smile at every person you pass!
- Write a thank you note to an essential worker for their hard work.
- Donate groceries to a local food bank.
- Lend a hand by setting the table for dinner.
- Make cookies and deliver them to a neighbor.
- Sit near someone different at lunch and get to know each other.
- Let someone jump ahead of you in line.
- Compliment a friend.
- Use sidewalk chalk to write a message or draw a picture for neighbors.
- Teach someone the words to your favorite song.
- Give a hug to someone you love.
- Hold the door open for the person behind you.
- Offer to carry something for someone whose hands are full.
- Say thank you frequently and let the person know why you're grateful.
- Offer to clear the table and load the dishwasher after dinner.
- Call family members and let them know you're thinking of them.
- Be extra kind to someone who might be having a tough day.
- Next time you go shopping, bring in a cart from the parking lot.
- Help out by doing an extra chore without being asked.
- Leave a copy of your favorite book on a friend's doorstep.
- Draw a special picture for each person in your family.
- Write down your favorite joke and hide it for a family member to find.