



Kind Acts

THE POWER OF ONE

77 Simple Ways to Be Loving, Compassionate and Kind
To Yourself & Others
In Your Thoughts, Words and Actions

You are an essential link in an endless chain of good.

Explore this list of kind acts and feel good about your impact. Check each one off as you go.

- Think of a friend or family member who is having a hard time. Take a moment to imagine them happy and healthy.
- Give up playing a violent video game.
- Attend a cultural event where you are a minority.
- Call your grandparent and ask them about their childhood.
- Place an inspirational note in your library book before returning it.
- Hold the door open for the person behind you.
- When talking to someone, imagine what it's like to be them.
- Tell your mom or dad why you enjoy being their child.
- Tell a classmate or teammate something you appreciate about them.
- Forgive someone.
- Make a friend with someone who looks different than you.
- Let a friend borrow something you enjoy.
- Try not complaining for a whole day.
- Do extra chores without being asked.
- Each night before bed, imagine one new thing you appreciated about your day (no repeats).
- Learn to say hello to someone who speaks another language.
- Read a book to a kindergartener at recess.
- Write a thank you note to a former teacher.
- Imagine yourself happy, peaceful and successful.
- Hug your mom or dad first thing in the morning.
- With good intention, give a genuine compliment to an adult.
- Play with someone new at recess.
- Pick up trash.
- Tell your body thanks for taking good care of you.
- Apologize when you do something unkind.
- Be honest.
- Stop yourself when you start comparing yourself, your life or what you have to others.
- Give yourself a compliment
- Decide ahead time that you will have a great day and make it a great day.



- Ask someone about their history.
- Ask someone about their beliefs and listen with nonjudgement.
- Say thank you.
- Take one minute to sit in silence and listen to your breath.
- Be kind to your body by eating a healthy, new, green vegetable.
- Give a tree a name and say hi to it each day.
- Be nice.
- Give your grandparent aunt or uncle a call just to say hi.
- Speak to a child who looks sad or lonely.
- Take 3 deep belly breathes.
- Pay attention to your thoughts about yourself. Are they helpful? Kind?
- With permission from your parents, volunteer to help a neighbor.
- Learn something new about another culture. Think of things you have in common.
- Compliment a sibling.
- Color a picture or make something special for someone.
- Make someone smile.
- Say “good job” to someone and really mean it.
- Listen.
- Write yourself a letter of appreciation.
- Give your teacher or boss a sincere, genuine compliment.
- Visualize yourself having a peaceful interaction with someone you usually don’t get along with.
- Be happy for someone.
- Clean up without being asked.
- Let someone get in front of you in line.
- Close your eyes, imagine our Earth in front of you with the word peace lovingly wrapped around it.
- Rest when your body needs a break.
- Write a nice letter to a family member.
- Use positive words for one whole day.
- Send a text of appreciation.
- Catch yourself when you find yourself criticizing yourself or someone else.
- Write a nice letter to a sibling.
- Be kind to yourself by drinking water 1st thing in the morning.
- Pay attention to your thoughts about others. Change your thoughts if they are not kind.
- Tell a family member why you like having them around.
- Congratulate someone who wins.
- Tell a friend how they make you feel.
- Hug yourself.
- Use positive words for one day.
- Listen without offering advice.
- Learn to say thank in another language.
- Accept a compliment with genuine gratitude.
- Donate something new that you know others will enjoy.
- Before going to bed think about all of the people and things you are lucky to have.
- Help cook a meal.
- Check on an old friend.
- Teach someone something new.
- Imagine yourself in the future- happy and kind.
- Come up with your own kind act and encourage others to do it too!