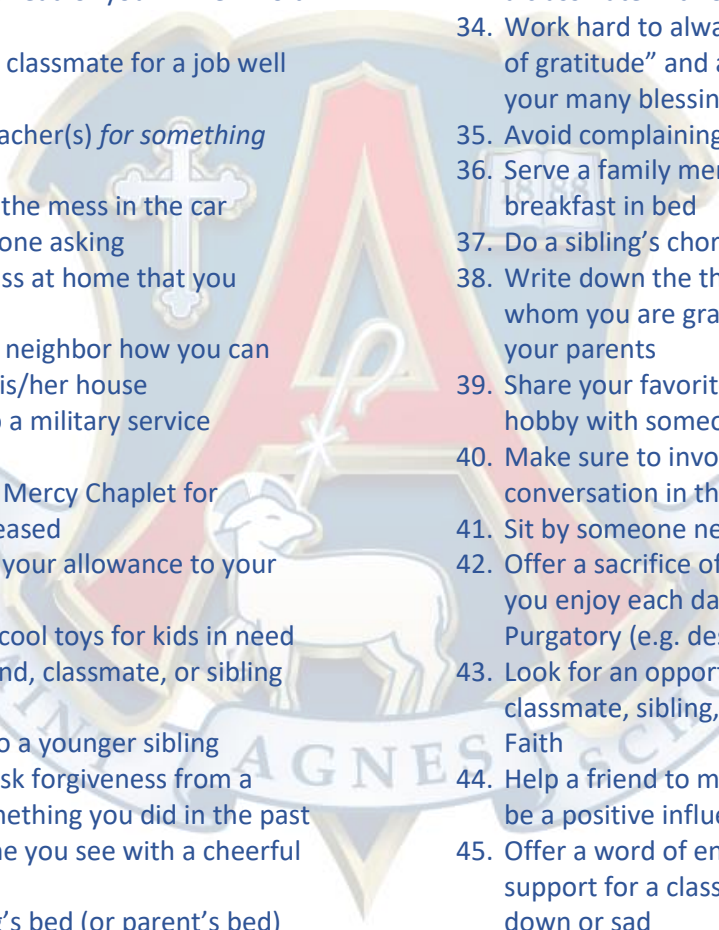


50 Acts: The Virtue of Kindness

Ideas for Saint Agnes School Students

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1. Hold the door open for others
 2. Do a chore at home without being asked
 3. Pick up trash off the ground
 4. Return a stray cart at the store
 5. Tell a family member you love them
 6. Call a grandparent and ask them about their childhood
 7. Let someone ahead of you in line who'd appreciate it
 8. Compliment a classmate for a job well done
 9. Thank your teacher(s) *for something specific*
 10. Help clean up the mess in the car without someone asking
 11. Clean up a mess at home that you didn't make
 12. Ask an elderly neighbor how you can help around his/her house
 13. Send a card to a military service member
 14. Offer a Divine Mercy Chaplet for someone deceased
 15. Tithe some of your allowance to your church
 16. Donate some cool toys for kids in need
 17. Surprise a friend, classmate, or sibling with a treat
 18. Read a book to a younger sibling
 19. Own-up and ask forgiveness from a sibling for something you did in the past
 20. Greet everyone you see with a cheerful demeanor
 21. Make a sibling's bed (or parent's bed)
 22. Visit the elderly at a nursing home
 23. Invite someone lonely to play at recess
 24. Tell the Director of the Lower School about a great teacher
 25. Thank Fr. Moriarty and Fr. McConville for saying Mass and hearing Confessions all day
 26. Thank your parish priest for all he does
 27. Thank a religious sister, especially our Dominicans, for their vocation and service
 28. Help a parent make dinner without being asked
 29. Help set the table without being asked
 30. Write a letter to a grandparent (or aunt or uncle)
 31. Make a "get well" card for someone in need
 32. Clean and organize your room without being asked
 33. Share something you appreciate about a classmate with others
 34. Work hard to always have an "attitude of gratitude" and always thank God for your many blessings each day
 35. Avoid complaining for the entire day
 36. Serve a family member a surprise breakfast in bed
 37. Do a sibling's chores as a surprise
 38. Write down the things and people for whom you are grateful; tell them to your parents
 39. Share your favorite book, game, or hobby with someone
 40. Make sure to involve others in the conversation in the cafeteria
 41. Sit by someone new or lonely at lunch
 42. Offer a sacrifice of one specific thing you enjoy each day for the souls in Purgatory (e.g. dessert, TV, etc.)
 43. Look for an opportunity to encourage a classmate, sibling, or friend in their Faith
 44. Help a friend to make a good decision; be a positive influence on others
 45. Offer a word of encouragement and support for a classmate who appears down or sad
 46. Write a cursive letter to a friend, instead of email or text
 47. Work daily to grow in attentiveness and responsiveness to the needs of your peers
 48. Be a good listener; ask follow-up questions; don't interrupt in conversation
 49. Thank your Guardian Angel in prayer for all the protection you've been given - that you don't even know about
 50. Thank your parents for their sacrifices so you can attend Saint Agnes School

"Achieve sanctity by being faithful in the smallest matters."

-St. Therese of Lisieux