

Random Acts of Kindness Checklist

Use this side to check off your random acts of kindness this week. If you return it to me, I'll send another copy for next week.

- ☐ I used words to let someone know that I appreciate them. For example, "Mom, I really appreciated that you helped me find my book. You took a lot of time and were very patient, too. Thank you."
- ☐ I made breakfast or a snack for someone in my family.
- ☐ I let someone go first when we were both waiting.
- ☐ I left a little surprise gift or note for someone in my family (or the mail carrier, or...) to find.
- ☐ I made a card for someone, hand wrote a thank you note in it, and sent it.
- ☐ I wrote a letter to a friend and sent it.
- ☐ I helped my mom or dad with a house chore that isn't already my responsibility.
- ☐ I fed the birds.
- ☐ I told someone a joke to brighten their day.
- ☐ I cleaned up my room without being asked.
- ☐ I wrote a poem for someone and gave it to them.
- ☐ I called and spoke with a friend that I hadn't talked to in a while.
- ☐ I called a grandparent or older person in my extended family and asked them about their childhood.
- ☐ Other: _____
- ☐ Other: _____

Name _____

March 18, 2020

Use this side for kindnesses you notice other people doing for you or for other people

[illegible]