50 KINDNESS ACTIVITIES FOR KIDS

Can you fit [**acts of kindness**](http://www.momentsaday.com/acts-of-kindness-for-toddlers-and-preschoolers/) into your family schedule?  Love this from Moments A Day.

Take the abstract idea of [**“filling your bucket”**](http://kidsactivitiesblog.com/24332/learning-to-be-kind) and make it real by using an actual bucket and kind words on paper. We can choose to keep it full by being kind or we can choose to empty it by being unkind. We need each other to keep our buckets full. For example, if I’m walking down the street and I smile at a neighbor, my bucket fills up and my neighbor’s bucket fills up. On the other hand if a playground bully knocks another child down, not only is the bullied child’s bucket empty, the bully is left feeling sad, alone and, well, empty. The point being is that when we’re unkind, the actions don’t make us feel good. Being kind brings happiness not only to those people around us but to ourselves also. We pulled out our own REAL bucket. kindness activities for kids

So we launched into the meaning of Paying it Forward. In simplest terms, we want to do random acts of kindness in hopes that it will inspire others to do them as well. Can you imagine a community of people who are doing kind acts? Even if the recipient is not doing a good deed, you will be touching them and making them smile.

We got out a pen and some paper and brainstormed. I was surprised at how easily my kids came up with ideas, even far-fetched ones.

Let’s bake cookies for someone. Let’s wash our neighbor’s car! Why don’t we go buy food and take it to the food pantry? What if we bought someone a car cause they really need one? (ok – a bit much, but I liked where they were going with it….

Then, together, we brainstormed words to describe the ways to fill and to empty our buckets. On small pieces of paper, we wrote words like, ‘smile’, ‘hugs,’ ‘helpful’, ‘gratitude’, ‘listen’ and on the other end, ‘rude’, ‘impolite’, ‘using our bodies when we’re angry’, ‘raising our voices,’ ‘ignoring’, ‘throwing our things’, etc.

Labels of thanks – thank people for something they have done.

Make a [**family kindness jar**](http://kidsactivitiesblog.com/10849/peaceful-parenting-kindness-jar) so that kind acts are acknowledged.  Add beans to a jar for kind acts done and when it’s full it can magically turn into candy!

Here is my list of 52 acts of kindness for families with young children:

1. Bring hot cocoa to a neighbour

2. Give away old toys to younger children

3. Leave a treat for the mail carrier in your mailbox

4. Give some flowers to someone feeling unwell

5. Make happy notes on the sidewalk with chalk

6. Take paints and paper to share at the local playground

#7 Feed some birds or ducks - or animals at your local zoo

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8. Organize an afternoon of games for your neighborhood

9. Give popsicles to outdoor workers (those in construction or gardening, perhaps)

10. Take icewater and cups to the playground to share with others

11. Hold a Lemonade Stand to donate to a cause you support

12. Hold a “dog wash” to raise money for an animal shelter or zoo

13. Wash cars to raise money for a cause you support

14. Rake leaves (or do gardening) for a neighbor

15. Take baked goods to a teacher

#16 Take snacks to staff at the local Hospital

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17. Babysit so that a couple can have a date

18. Donate DVDs to the local Hospital

19. Donate toys to the fire brigade for children in emergencies

20. Have a family round of shoulder massages

21. Pass out stickers to children waiting at the doctor’s office

22. Read inspiring stories to a group of children

#23 Donate books to a doctor’s or dentist’s office

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24. Meet someone new at the shops or in a park

25. Take a treat to a bus driver

26. Educate yourself and your neighbours about recycling

27. Invite another family over for dinner

28. Cut coupons and put them in a neighbour’s mailbox

29. Take a Thank You card to the local librarians

30. Drop off “good morning” notes for early risers in a hotel

31. Draw a picture of your community for the Police Station

32. Open the door for people entering a shop or restaurant

#33 Bring a meal to a family in need

33. Bring a meal to a family in need (recent birth, sickness, or loss)

34. Write a poem for someone you love

35. Make “Be Happy” notes and put them in mailboxes

36. Vacuum the house of a family who just had a baby

37. Learn a joke to tell to a check-out person

38. Tape change to a parking meter or vending machine

39. Make a list of things you love about someone and send it to them

40. Leave a happy note in a library book

41. Create a movie theater afternoon for your neighborhood

42. Send a postcard to a distant cousin or friend who moved away

52 Acts of Kindness - # 43 Pick up trash around the neighborhood or at a park

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44. Sing for the elderly

45. Make a phone call to a friend or family member far away

46. Go on an errand and smile at everyone you see

47. Blow bubbles (and take extra) to the playground

48. Volunteer in a local animal shelter

49. Take cans of food to the local Food Bank

52 Acts of Kindness - #50 Donate old clothes a local organization

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51. Introduce someone who just moved to your town to new friends

52. Let someone go ahead of you in line at the shops

