

40 ACTS OF KINDNESS DURING LENT FOR KIDS

- HOLD THE DOOR OPEN AT THE STORE.
- LEAVE CHANGE IN A VENDING MACHINE.
- LET SOMEONE GO AHEAD OF YOU IN LINE.
- BRING IN TRASH CANS OR SHOVEL SNOW FOR A NEIGHBOR.
- LEAVE KIND NOTES IN LUNCH BOXES.
- PLAY/SIT WITH SOMEONE NEW AT SCHOOL.
- PICK UP LITTER IN YOUR NEIGHBORHOOD.
- BAKE A TREAT FOR THE STAFF AT SCHOOL.
- WRITE A THANK YOU NOTE TO YOUR TEACHER.
- PAY FOR THE CAR BEHIND YOU IN THE DRIVE THRU.
- DONATE BOOKS TO YOUR LIBRARY.
- COMPLIMENT THREE PEOPLE TODAY.
- HELP MAKE DINNER AND SET THE TABLE.
- COLOR A PICTURE TO MAIL TO SOMEONE SPECIAL.
- USE ONLY KIND WORDS ALL DAY.
- AS A FAMILY, GIVE UP SCREEN TIME ALL DAY.
- DO AN EXTRA CHORE AT HOME.
- PRAY FOR THE POOR.
- DON'T COMPLAIN ALL DAY.
- SMILE AND SAY "HELLO" TO SOMEONE NEW.
- DELIVER FLOWERS TO A NURSING HOME.
- LIST ALL THE THINGS YOU ARE GRATEFUL FOR.
- MAKE "KINDNESS BOOKMARKS" TO LEAVE AT THE LIBRARY.
- HIDE \$1 IN THE DOLLAR STORE TOY SECTION WITH A NOTE.
- HAND OUT WILDFLOWER SEED PACKETS TO NEIGHBORS.
- DONATE FOOD TO YOUR LOCAL FOOD BANK.
- WRITE DOWN POSITIVE QUALITIES OF FAMILY MEMBERS.
- MAIL A "JUST BECAUSE" CARD TO A FAMILY MEMBER.
- GATHER UP TOYS TO DONATE.
- LEAVE NOTES OF KINDNESS IN CLASSMATES' BACKPACKS.
- LET ANOTHER FAMILY MEMBER CHOOSE A GAME TO PLAY.
- BUY EXTRA ART SUPPLIES FOR YOUR ART TEACHER.
- DELIVER BUBBLES OR GLOW STICKS TO NEIGHBORHOOD KIDS.
- READ A STORY TO A FAMILY MEMBER.
- HELP SOMEONE RETURN THEIR GROCERY CART.
- LEAVE KINDNESS MESSAGES IN CHALK ON SIDEWALKS.
- TAKE TREATS TO THE FIRE STATION.
- FEED THE BIRDS.
- BUY SOMEONE A CUP OF COFFEE.
- ASK OTHERS TO PAY IT FORWARD.