

Ten Acts of Kindness

Spend
time
with an
elderly
person

Done ☐

Donate
to your
local
food
bank

Done ☐

Play a
game with
a sibling
or a
friend

Done ☐

Cook
a meal
for your
family

Done ☐

Give
away
things you
don't
need
anymore

Done ☐

Make
someone
smile

Done ☐

Plant
something
or pick
up litter

Done ☐

Bake
something
for a friend
or
neighbor

Done ☐

Make a
card for
someone
and give it
to them

Done ☐

Tell
those
around
you that
you
appreciate
them

Done ☐

