

Random Acts of Kindness



AT HOME



The list below is packed with thoughtful and clever kind gestures to do at home. Have your children try one or two today.

Improving Health Together

ACTION FOR
HEALTHY
KIDS
Texas

TEXAS A&M
AGRILIFE
EXTENSION

1. Say thanks—just thanks—to your parents, for no reason.
2. Be a study buddy—or help a younger sibling with homework.
3. Clear your own dishes. Then surprise your parents and clear theirs, too.
4. Let your brother/sister go first.
5. Make a care package for someone in your community.
6. Help a neighbor clean up around their house or yard.
7. Pitch in: Take out the garbage after family dinner. Do it without complaining.
8. Clean out the pantry and get can goods ready for donating.
9. Clean your room—without being asked. Find clothes and toys to donate.
10. Deliver a compliment a day—and mean it. Deliver two if it makes the family happy.