

Random Acts of Kindness



AT SECONDARY SCHOOL

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



Improving Health Together

ACTION FOR
HEALTHY
KIDS 
Texas

TEXAS A&M
AGRILIFE
EXTENSION

1. Tutor or assist a peer who is struggling with a subject.
2. Offer encouragement before a big test or presentation.
3. Say "thank you" to teachers, janitors, and cafeteria workers.
4. Help clean up the classroom without being asked.
5. Write a kind note or make a small appreciation card.
6. Sit with someone who is eating alone at lunch.
7. Invite a new student to join a group activity.
8. Hold the door open for others.
9. Leave uplifting sticky notes on lockers or desks.
10. Stand up for someone being bullied.

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.

FOR SECONDARY

Improving Health Together



ACTION FOR
HEALTHY
KIDS
Texas

TEXAS A&M
AGRILIFE
EXTENSION

1. Offer to do a family member's chores, like washing dishes, vacuuming, or folding laundry, without being asked.
2. Surprise your family with a homemade meal or baked goods.
3. Leave uplifting or appreciative notes for family members, like a thank you note or a note of encouragement.
4. Write a letter or card to a relative or friend, sharing how much they mean to you.
5. Spend time talking with family members, showing interest in their day, or engaging in a fun activity together like a movie night or game night.
6. Help organize a room, closet, or shared space at home to make it more pleasant for everyone.
7. Express gratitude by telling your family members how much they mean to you.
8. Compliment a family member for something they've done, whether it's their work, cooking, or even just their kindness.
9. Call or video chat with family members, especially those who live far away, to check in and see how they're doing.
10. Offer to help older relatives with technology or managing tasks at home.