

# Kindness

## Pass It On.®

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Give a flower **Eat lunch with someone new**  
Listen with your heart **Visit a sick friend**  
*Clean a neighbor's walk* **Offer a hug**  
**Give an unexpected gift** **Make a new friend**  
*Pick up litter* **Say "hello"** **Open a door**  
Plant a tree *Help carry a load* **Share a snack**  
**Cheer up a friend** **Thank a teacher or mentor**  
Read to a young child **Lend a hand** *Do a kind act daily*  
**Leave a thank you note** **Offer your seat**  
*Cycle courteously* **BE TOLERANT** *Let another go first*  
**Bake cookies to share** **Give a compliment**  
*Help a student make friends* **Donate your gently used items**  
*Give a balloon away* **Lend a pencil** *Respect others*  
**Celebrate something new every day** **Do a favor**  
*Encourage a friend* **Use a reusable water bottle**  
*Walk a dog* **Forgive mistakes** **Smile at someone**

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the random acts of  
**Kindness** foundation.®

