LA COUNTY LIBRARY

Activity Idea

RANDOM ACTS OF KINDNESS ACTIVITY

Recommended for Ages 6 – 12

Kindness

What does kindness mean to you? Is it doing nice things for others? Is it being generous with your talents and time? Is it being a good friend? Is it being considerate of others? Is it doing something for charity? The answers to all these questions are YES! All these questions are examples of being kind.

Random Acts of Kindness

What are random acts of kindness? Random acts of kindness are things you do for other people that is unexpected and not asked of you. Random acts of kindness are designed to help someone out or maybe just brighten their day. It can be for someone you know or maybe someone you do not know! Even though you are doing something for someone else, many people find that doing random acts of kindness makes them feel happy too!

Ideas for Random Acts of Kindness

1. Give a compliment.
2. Do a household chore without being asked.
3. Leave secret hidden handwritten notes for family members around your house.
4. Draw a happy picture or send a card to a local nursing home.
5. Pick up litter around your neighborhood or a local park.
6. Wash your parent's car.
7. Take cookies to an elderly neighbor.
8. Donate toys or clothes to a shelter.
9. Send hug coupons to friends to use in the future.
10. Take treats to the local police station or fire department.
11. Read a book to a younger sibling.
12. Clean your room without being asked.
13. Volunteer to walk your dog or dogs at the local animal shelter when they reopen.
14. Paint "Kindness Rocks" and then leave them around the neighborhood for others to find.
15. Call your grandparents to see how they are doing.
16. Thank your teacher with a gift!

17. Get books ready to donate to your local library when they reopen!
18. Smile at everyone you see!
19. Have a video call with a friend.
20. Set a basket of flowers out in front of your house with a sign that says “Take one! Have a nice day!”

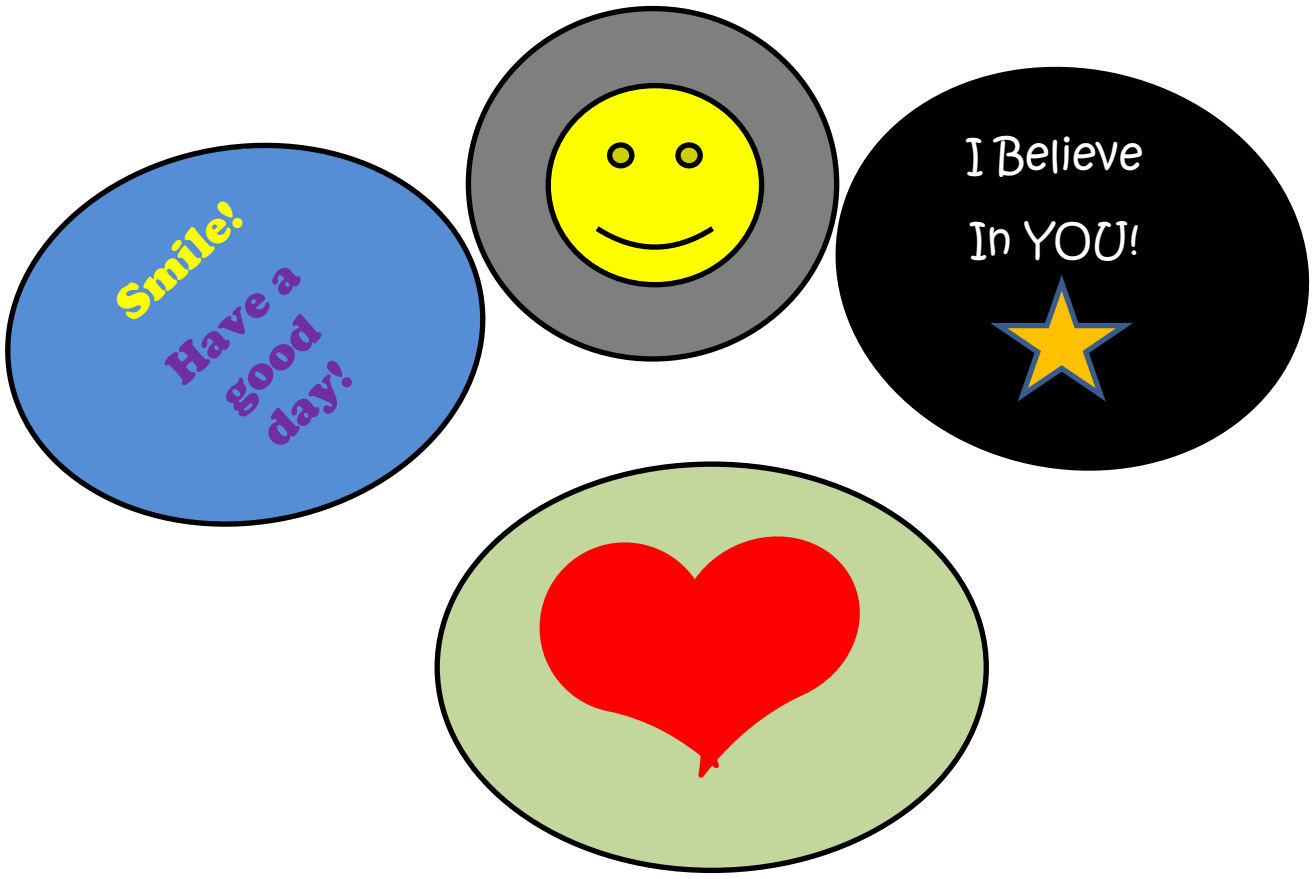
These are just a few ideas but there are so many more things you can do! Use your imagination and come up with a list of things you would like to do for random acts of kindness.

Random Act of Kindness Art Activity – Kindness Rocks!

Items You will Need: Rocks, paint, newspaper, art paint brushes

Instructions:

1. Spread several newspapers out on a table to protect your table from getting paint on it.
2. Paint rocks with messages of kindness or smiley faces. Your messages can be “Have a good day!” or “You look great today!” or “Smile!” or “Be Brave!” or “You Can Do It!”.
3. Allow the painted rocks to dry while sitting on the newspaper.
4. Place the rocks randomly around your neighborhood or maybe leave one in a special place in your house for your parent or sibling. Spread kindness everywhere with your painted rock messages. Here are some sample ideas for your painted rocks:



Random Acts of Kindness Word Jumble

Unscramble the words below associated with the Random Acts of Kindness Activities mentioned above!

PMELTIMCO _____

NDNKIENSS _____

EHLULFP _____

EVLO _____

FROWESL _____

DARCS _____

IESLM _____

LRETUOEVN _____

AETDNO _____

DEAPITN SRCKO _____

Answers: Compliment, Kindness, Helpful, Love, Flowers, Cards, Smile, Volunteer, Donate, Painted Rocks