

KINDNESS ACT IDEA LIST

BE A KINDNESS WARRIOR



Need help coming up with a kindness act? Need money to do it? No problem!

- Read to pets at the animal shelter
- Collect children's books to give to students in need
- Send cards to students at schools in underprivileged countries
- Make hygiene packs for unhoused people
- Throw a birthday party for children living in the homeless shelter
- Post pictures of animal at the shelter to help get them adopted
- Pick fruit off trees in season and take it to a food pantry
- Recognize people in occupation who don't get much appreciation (custodians, waste management, bus drivers, gas station attendants, wait service staff, cafeteria workers, etc.)
- Volunteer at school or a local non-profit to help at one of their events
- Visit residents at a long term care facility so they don't feel lonely
- Leave encouraging notes on your dinner receipt
- Contact Customer Service (usually the phone number is at the bottom of your receipt) at tell them about the great service you received at their business

To get service hours for your act of kindness you must do the following:

1. Complete the Random Acts Photo Release form for yourself and anyone else that was pictured or captured on video.
2. Photos/video is how we document your project. Take before and after pictures/video and while you are completing the act. The more the better! You may want friend or family member to help you with this.
3. Email Ms. Cash with the following information:
 - Your name, grade level, date of act completion and phone number
 - Attach the signed photo release form and any pictures/video taken to document your project
 - How much time it took you to carry out your act
4. A paragraph or two (more if you want!) explaining why you selected this act and how it made you feel to carry it out.

Once you have completed the above steps, just bring Ms. Cash your service hour form to be signed.

