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Random Acts of Kindness for Families during Lent

1. Surprise a long distance family member with a phone call.
2. Get flower seed packets for neighbors and handout with happy spring notes.
3. Clean your room without being asked.
4. Offer to help cook dinner.
5. Hold the door open for someone.
6. Give a friend a compliment.
7. Write a thank you card to a veteran.
8. Make encouraging bookmarks and hide them in library books.
9. Leave a dollar bill in the toy section of a dollar store.
10. Donate a book to a doctor's office.
11. Pick up litter at your school.
12. Bring flowers to a nursing home.
13. Bring your teacher new school supplies.
14. Put away electronics and spend the day together.
15. Let someone go ahead of you in line.
16. Feed the birds.
17. Tell a joke.
18. Do a chore for someone without them knowing.
19. Call your grandparents and ask them about their childhood.
20. Write a thank you note for your mailman.
21. Set the table for dinner.
22. Donate toys to Grace.
23. Talk or play with someone new at school.
24. Write Bible verses in chalk on the sidewalk.
25. Bury treasure at the park.
26. Read a book to someone.
27. Say hello to everyone you see.
28. Wave at kids on school buses.
29. Give a high five to a friend.
30. Make a thank you card for the librarian.
31. Send a postcard to your priest.
32. Pray for the unborn.
33. Write uplifting words on a rock and leave them at the park.
34. Give a candy bar to the custodian.
35. Donate new pajamas for foster kids.
36. Bring your neighbor's garbage cans up for them.
37. Share a special toy with a friend or sibling.
38. Collect money in your Mite Box for the children in Malawi.
39. Return someone's cart at the store.
40. Color a picture for someone you love.