

WE'RE JOINING ♣ KIDS & TEENS ALL

OVER THE ♥ WORLD TO ♥ GIVE BACK ON

DECEMBER 3 FOR THE ☐ GLOBAL DAY

OF GIVING - #GIVINGTUESDAYKIDS!

KINDNESS AT 📲 SCHOOL

KINDNESS AT THE ## CLUB					
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	Hold the door for someone
	Let someone go ahead of you in line
	Talk to someone new
	Tell a joke
	Pass out pencils for power hour
	Pass out paper for power hour
	Help pass out material for art projects
	Carry the sports equipment to the gym
	Compliment a friend
	Compliment a member you don't know well
	Make a card for a staff member
	Tell someone why they are special
	Make a "Get Well" card for someone who is sick
	Become a Study-Buddy
	Read to younger members
	Write a letter to the principal about a teacher you appreciate
	Say Hello/Goodbye to other members
	Fist-bump a member who answers a question correctly
	Pass out snack
	Clean up after snack time
	Clean up after Power Hour
	Clean up after programs
	Offer to help set up centers
	Leave positive notes for others
	Recognize others' accomplishments
	Sit with someone new at snack
	Collect a Kindness Coupon

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	Make a new friend
	Talk to someone new at school
	Tell your teacher "Thank You" just because
	Tell your principal about your favorite teacher
	Thank the cafeteria staff
	Sit with someone new at lunch
	Help a classmate
	Fist-bump a friend
	Make a friend laugh
	Return books to book cart/shelf
	Offer to help your teacher
	Let someone board the bus before you
	Help clean up after a classroom activity
	Hold a door for a teacher or classmate
	Compliment someone sitting near you
	Say "please" & "thank you"
	Play with a new friend on the playground or try a new
	game
	Offer to sharpen pencils
KIN	DNESS AT 🏚 HOME
	Help do laundry
	Help load dishwasher
	Make your bed without being told
	Clean your room without being asked
	Clear your plate after dinner
	Give a family member a compliment
	Give family member a hug
	Write a letter to a family member telling them how much
	you love them
	Open the car door for a family member
	Leave a note telling a family member how special they ar
_	to you
	Help bring in groceries
	Offer to wash the car

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☐ Make popcorn for movie night

 \square Offer to help with the grocery shopping

	☐ Take out the trash		RANDOM ACTS OF ♥ KINDNESS		
	Get ready for school without being told				
	Set the table for dinner				
	Help make lunch				
	Clean up after yourself				
	Turn down the bed for your parent(s)				
KIMI	DNESS FOR THE 🏵 PLANET & 🤎 COMMUNITY				
KIIVI					
	Pick up litter				
	Put change in a vending machine				
	Put change in a parking meter				
	Leave a paper note in a library book				
	Hold a door				
	Recycle				
	Donate to Stuff-A-Bus				
	Walk dogs at the animal shelter				
	Brush your teeth with the tap shut off				
	Turn off the lights when no one is in the room				
	Plant a tree				
	Start a garden				
	Share your umbrella				
	Tell neighbors to "Have a nice day"				
	Return shopping carts	п –			
	Donate coloring books to the children's hospital				
	Make a candy gram for the police department				
	Make "Thank You" notes for Dominion/SCE&G linemen				
	Take a treat to the fire station				
	Leave kindness stones (#BGCKindness)				
	Leave a note for sanitation workers	п –			
KINI	DNESS FOR 🐿 YOURSELF				
	Read a book				
	Drink water				
	Go for a walk				
	Exercise				
	Eat a healthy snack				
	Meditate				
	Write yourself a motivational note				
	Go to bed early				
	Turn off the TV & play a board game				
	Take a break from electronics				
	Learn something new				
	Sing & Dance				
	Color or Draw				
	Spend time outside				
	Overcome a fear	Ш_			
MEMBER NAME: SITE:					
	ADULT SIGNATURE:				