

Acts of Kindness

60 Free Ways

For Teens to Show

Random and

Intentional

Acts of Kindness

For High and Middle School



60 Free Ways to Show Intentional Acts of Kindness for Teens

Here are a few random acts of kindness that teens can use to show acts of kindness...

1. Hold the door open for someone.
2. Give up your seat on the bus or subway for someone who looks tired.
3. Write a nice note to someone with whom you are acquainted.
4. Give a compliment for no reason.
5. Invite someone sitting alone to sit with you at lunch.
6. Let someone go ahead of you in line.
7. Donate old cell phones to domestic violence survivors.
8. Donate a cell phone to soldiers.
9. Click on Care2.com. Each time you click on the website, their sponsors donate to a cause.
10. Volunteer to help with a school event.
11. Help raise money for a charitable foundation.
12. Collect box tops for your school. They can be turned in to your school's PTA.
13. Say "good morning" to an adult in the building.
14. Say "thank you" to an adult who has helped you at school.
15. Give someone a hug who looks like they are having a bad day (with their permission).
16. Stand up for someone who is being teased or bullied.



17. Throw trash away, and don't throw it on the ground.
 18. Send a compliment to a friend.
 19. Text a compliment to a family member.
 20. Write a supportive message in a group chat.
 21. Listen to someone who is feeling overwhelmed or stressed.
 22. Write a compliment to a classmate you don't usually speak to.
 23. Write a letter to a deployed or wounded member of the military.
 24. Tell a corny joke to someone who is having a bad day.
 25. Create a food pantry for others who may be in need of food.
 26. Create a clothing pantry for those in need of everyday clothing and professional clothing for interviews.
 27. Reach out to that friend or family member who you have been meaning to call but have not had time to catch up with.
 28. Check out [theLala](#). It's an app that donates to charity when you open tabs on your browser.
 29. Share a snack with someone who may be hungry.
 30. Introduce yourself to a student whom you do not know.
 31. Allow someone to help you, even if you don't like being helped or asking for help (it makes others feel good).
 32. Share your gift with others. It can be a(n)...
- Art project
 - Song
 - Short story
 - Dance
 - Poem



33. Help up someone up who has fallen.
34. Offer to babysit for a family member or neighbor. (They would be more appreciative than you know).
35. Visit an older family member, and spend some time with them.
36. Share with someone why they are important or special to you.
37. Help someone carry heavy bags.
38. Send someone an e-card to say "thank you" or to cheer them up.
39. Read to a younger child.
40. Make a gift for someone. There are lots of DIY projects you can find online by using materials you can find around the house.
41. Forgive someone.
42. Study with a friend who may need some extra help in a subject.
43. Give someone a pound or high five for doing a good job.
44. Have a conversation with someone who is standing alone at a social event.
45. Spend time with and listen to a story from the elderly. (They have had amazing lives. You can learn a lot from them.)
46. Write a "get well" card for someone in the hospital.
47. Pick up trash on the ground, and throw it away.
48. Write a note to someone in hospice care.
49. Help a teacher clean up the mess left in the classroom after the class leaves.
50. Shovel the sidewalk for a neighbor.



51. Send someone a card via snail mail.
52. Give a compliment to a complete stranger.
53. Give a compliment to someone, just because.
54. Help a younger sibling.
55. Do a chore around the house without being asked.
56. Teach someone something new to them.
57. Volunteer at any kind of shelter.
58. Give up your seat on the train or the bus for a pregnant woman or the elderly.
59. Create a small food pantry to help students who may be hungry.
60. Lend a classmate a pen or pencil.

Here are a few bonus acts of Kindness:

61. Let another person go ahead of you.
62. Write a thank you note to a firefighter.
63. Be accepting of others who are different from you.
64. Say please and thank you.



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