

# Acts of Kindness Log: \_\_\_\_\_

“Changing the world through kindness one act at a time”

Record each act you perform on this sheet along with the date you perform them. Turn this sheet in after you have completed 50 acts. Be creative and try to become more involved in your community through this project. Good luck! If you need some help go to [www.outofharmsway.me](http://www.outofharmsway.me)

Acts of Kindness	Acts of Kindness	Acts of Kindness
1 Hold the door for someone.	20 Give 10 Compliments today.	39 Feed birds in your neighborhood.
2 Smile and Say hello to someone.	21 Give 10 High Fives today.	40 Tell a friend a joke.
3 Leave Change on a paper box.	22 Eat lunch with a friend.	41 Do a magic trick for a friend.
4 Leave Change at a drink machine.	23 Go to the park with family.	42 Recycle.
5 Write a thank you letter.	24 Leave an encouraging note.	43 Smile at 10 people today.
6 Leave a nice sidewalk chalk message.	25 Call a Grandparent or family you haven't spoken to recently.	44 Return a cart for someone.
7 Do someone else chores at home for the day.	26 Share a positive article, or post online.	45 Invite a friend over for dinner.
8 Read to a preschooler.	27 Spend One Day Screen Free.	46 Bake cookies with family.
9 Read to a senior citizen	28 Walk a dog for family or friends.	47 Make a homemade gift for someone.
10 Bake a treat for a friend.	29 Take someone flowers.	48 Clean your room without being asked.
11 Donate clothes to a local charity.	30 Donate time, money, or toys to a children's hospital.	49 Hold a parent's hand and tell them you love them.
12 Donate Toys to a local charity.	31 Take a teacher a letter of appreciation.	50 Spend a screen free weekend with family.
13 Take cookies to police or fire department.	32 Send a note, letter, or care package to a sick friend.	<b>“Be Kind, Be Bold, Change the world, through simple</b>
14 Donate food to hospice.	33 Donate one hour in a community	

	garden.	<b>kindness.”</b>  <b>-Joshua Page</b>
15 Volunteer 1 hour in the community.	34 Volunteer teach/assist in a kids class or activity.	
16 Make and give out a care package.	35 Volunteer one hour at a church or community group.	
17 Take a walk with a friend.	36 Write an apology letter to someone you hurt or wronged.	
18 Take a hike with family.	37 Write 10 “I like you because” notes.	
19. Make a meal with family.	38 Leave a nice not in a library book.	