

Acts of Caring



Help kids learn to choose to be caring. Use these ideas for inspiration and add your own!

Write a kind letter to your principal

Write a letter that respectfully expresses your concerns and ideas about your school

Help out a classmate who is struggling with homework or a group activity

Get to know someone who's usually on their own or doesn't have many other kids to play or sit with

Tell an adult about someone who's having a hard time or being bullied

Ask your teacher if they need any help with something

Cheer on a teammate, or help out an opponent if they're hurt or upset

Comfort or stand up for someone who's having a hard time

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- Offer to help when you notice someone struggling with something
- Say “hi” to someone you wouldn’t normally say “hi” to
- Ask people how they’d like to be referred to (for example, by first name or nickname)
- Compliment someone on something (other than their clothing or appearance)
- Say “thank you” with authenticity, really mean it
- Ask someone about their day -- truly listen and respond
- Acknowledge and genuinely thank a stranger who serves you (for example, a waiter, the bus driver, people who collect the trash)
- Offer help to someone, even if they don’t ask for it
- Make an effort to pick up trash that you notice, even if you didn’t litter
- Donate used books to the library, if possible or available
- Start a food drive and donate the food at your local grocery store, community fridge, or donation box
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