



8) Help Around the House Without Being Asked

- Set the table
- Help make dinner
- Tidy a room
- Help with dishes
- Fold laundry

9) Make A Thank You Card

- Write a card to thank someone for their hard work. You can write a card for healthcare workers, postal and delivery workers, grocery store clerk, or any other adult you think deserves thanks.

10) Clean Up Outside

- Pick up litter in your neighbourhood or a local park. **Be safe!** Do this with an adult, and make sure you wear gloves.

11) Feed Someone

- Bake some treats for a friend or neighbour
- Bring a family member their favourite snack
- Make your parents breakfast in bed
- Donate food to the local food bank



12) Do A Chore For Someone Without Them Knowing

13) Be Kind To Animals

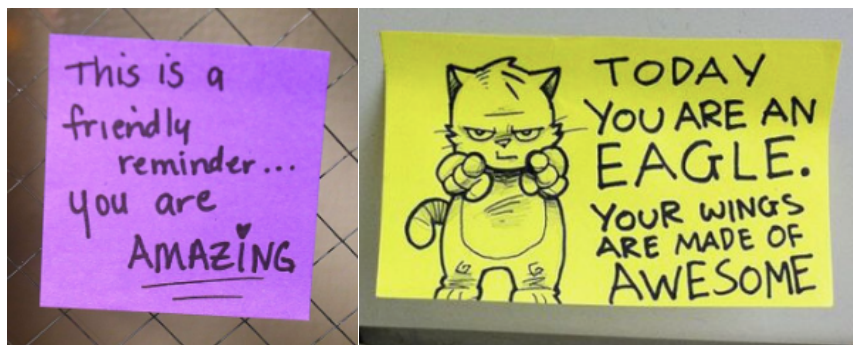
- Make a bird feeder. Here is a video that shows you how: <https://www.youtube.com/watch?v=CW7UYp9kLi0>
- Leave water outside for dogs walking in the hot weather.
- Bake pet treats and bring them to your favourite neighbourhood pet.
- Donate to a shelter. <https://www.calgaryhumane.ca/donate/wishlist/>

This act of kindness is Oscar approved!



14) Tidy Your Room Without Being Asked

15) Leave Happy Notes



16) Read A Book to Someone

17) Say Hi to A Friend

- Record a video message or call a friend you haven't seen in a while

18) Make a Homemade Gift for Someone

- Create a beautiful work of art
- Make a friendship bracelet for a new friend
- Bake treats
- Fold some origami, here are some fun ideas: <https://www.easypeasyandfun.com/easy-origami-for-kids/>

19) Do Yardwork for a Neighbour

20) Teach Someone Something New

**YOU DID IT! Now it is time to do something nice for yourself 😊**

