



# Kindness CHECKLIST



We challenge you to use this checklist for a week to cultivate kindness in your home, at work and in your community. Choose at least 3 items from each list and **have fun!**

Please help inspire others to do something nice by sending us photos of what you did or emailing a note to: [office@ashlandgracepoint.com](mailto:office@ashlandgracepoint.com)

## Kindness to others

- ♡ Compliment someone
- ♡ Hug someone
- ♡ Give blood or become an organ donor
- ♡ Donate unwanted goods to charity
- ♡ Put a nice note in someone's lunch box
- ♡ Help an elderly neighbour with their chores
- ♡ Babysit for someone or give a carer a break
- ♡ Return someone's shopping trolley/cart
- ♡ Thank someone for their service
- ♡ Surprise someone by mowing their lawn
- ♡ Call someone you haven't spoken to in a while
- ♡ Clean your partner or parent's car
- ♡ Wave a car into the traffic

## Low cost Kindness

- ♡ Give a treat to the cashier
- ♡ Buy coffee for the next person in line
- ♡ Make a care pack for a homeless person
- ♡ Pay for someone's bus or train ticket
- ♡ Put money on a school or work lunch account
- ♡ Leave a coin in a lolly/candy machine
- ♡ Sneak a lotto ticket in someone's bag
- ♡ Drop some coins in the park for kids to find
- ♡ Feed an expired parking meter
- ♡ Leave a treat on a colleague's desk
- ♡ Buy a homeless person a meal
- ♡ Leave money and popcorn on a movie machine
- ♡ Pay for someone who's short at the checkout

## Kindness to yourself

- ♡ Take a yoga class
- ♡ Go for a walk
- ♡ Get out in the garden
- ♡ Do something you've been putting off
- ♡ Have a soak in the tub
- ♡ Make a list of all your positive attributes
- ♡ Drink extra water
- ♡ Catch up with a friend for a chat
- ♡ Forgive someone who's hurt you
- ♡ Go to bed early with a good book
- ♡ Start a gratitude journal
- ♡ Get a massage, manicure or pedicure
- ♡ Take up meditation or mindfulness

## Kindness with Kids

- ♡ Read a book together
- ♡ Bake a cake for someone and take it over
- ♡ Hand out flowers or leave on windscreens
- ♡ Walk the dog together
- ♡ Pick up rubbish/litter in a park
- ♡ Skype someone you miss who's far away
- ♡ Visit someone in a nursing home
- ♡ Make a thank you card for your teacher
- ♡ Feed an expired parking meter
- ♡ Invite friends for dinner and make it together
- ♡ Decorate stones with positive messages
- ♡ Try a mindfulness activity
- ♡ Wash someone's car together

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# Kindness CHECKLIST



We challenge you to do at least 3 things on each list below.

Colour the hearts next to the things you do so you can keep track of them and **have fun!**

Please ask a parent or teacher to email a photo of you with your list to: [office@ashlandgracepoint.com](mailto:office@ashlandgracepoint.com)

## Kindness at school

- ♡ Give someone a compliment
- ♡ Give a friend a hug
- ♡ Include people in your game
- ♡ Put a nice note on someone's desk
- ♡ Help your teacher
- ♡ Give someone a turn
- ♡ Use your manners
- ♡ Help tidy your classroom
- ♡ Make your teacher a thank you card
- ♡ Talk to someone who looks lonely
- ♡ Take clothes left in the yard to lost property
- ♡ Say thank you to people who are kind to you
- ♡ Put flowers or kind notes on cars in the carpark

## Kindness at home

- ♡ Do a job without being asked
- ♡ Put your stuff away
- ♡ Help a neighbour or friend with something
- ♡ Clean your parent's car
- ♡ Share your stuff or treats with someone
- ♡ Make your parents breakfast or lunch
- ♡ Take out the rubbish/trash
- ♡ Make your bed
- ♡ Help your parents cook dinner
- ♡ Help hang the laundry and take it down
- ♡ Ask before you use someone's stuff
- ♡ Run a bath for your mum/mom or dad
- ♡ Play with your brother or sister

## Kindness in the community

- ♡ Pick up rubbish/litter when you see it
- ♡ Compliment three people
- ♡ Smile at three people
- ♡ Hold a door open for someone
- ♡ Say hello to your neighbours
- ♡ Leave positive messages in public places
- ♡ Write letters to people in nursing homes
- ♡ Donate your old books to a doctor or hospital
- ♡ Take cookies to a police or fire station
- ♡ Set up a free car wash
- ♡ Say hello to an elderly person at the shops
- ♡ Leave bubbles in a park for other kids to find
- ♡ Take in your neighbour's rubbish/garbage bin

## Kindness with adults

- ♡ Donate stuff you no longer want or need
- ♡ Bake a cake for someone and take it over
- ♡ Hand out flowers or leave on windscreens
- ♡ Walk the dog with or for your parents
- ♡ Pick up rubbish/litter in a park
- ♡ Help at a community event
- ♡ Do things your parents enjoy with a smile
- ♡ Put positive chalk messages in a public place
- ♡ Take a meal to a homeless person
- ♡ Buy an extra ice-cream for a stranger
- ♡ Paint stones and write positive things on them
- ♡ Take blankets or toys to an animal refuge
- ♡ Wash someone's car together

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[www.ripplekindness.org](http://www.ripplekindness.org)