

The Joseph Middlemiss Big Heart Foundation

Big Hearted Acts of Kindness Ideas!

AT HOME:

- ★ Help set the table for dinner
- ★ Share with your brother/sister
- ★ Say please and thank you
- ★ Clean your room without being asked
- ★ Help do yard work
- ★ Read to someone in your family
- ★ Help make dinner
- ★ Leave a kind note in the mailbox for your mail carrier
- ★ Make a homemade gift and send it to a relative

AT SCHOOL:

- ★ Invite a friend to play at recess
- ★ Give a classmate a compliment
- ★ Sit with someone new at lunch
- ★ Write a positive note and leave it on a classmate's desk
- ★ Write a Thank You note to your teacher, school nurse, custodian, cafeteria worker, school secretary or principal
- ★ Smile and say "Good Morning" to your teacher and classmates

IN THE COMMUNITY:

- ★ Pick up a piece of trash
- ★ Hold the door open for someone
- ★ Donate clothes to a local charity
- ★ Set up a lemonade stand and donate the profits
- ★ Send a thank you card to soldier
- ★ Bake cookies and deliver them to your neighbors
- ★ Donate food or your time to your local food pantry
- ★ Bring treats to your local police or fire station
- ★ Use sidewalk chalk to leave positive messages at a park or playground
- ★ Donate books to a library book sale or homeless shelter
- ★ Bring pet supplies to a local pet shelter