

# Acts of Kindness for Students

## 1. Kind Words & Polite Actions (Quick + Easy)

Things students can do anytime, anywhere.

- Smile and say "Good morning" to classmates
- Smile and say hello to someone you don't know well
- Say thank you for something specific
- Let someone go ahead of you in line
- Hold the door for a student or staff member
- Give a high-five for a job well done
- Tell someone to have a nice day
- Follow directions the first time — and smile
- Do something you think will make someone's day

## 2. Compliments & Encouragement (Students)

Noticing and lifting up classmates.

- Compliment a classmate on effort
- Compliment a classmate for being kind
- Encourage a classmate who seems discouraged
- Celebrate a friend's achievement
- Tell someone you appreciate their sense of humor
- Compliment someone in front of others
- Share something nice about a classmate
- Thank someone for a previous act of kindness
- Express appreciation to someone consistently kind to you
- Find a student with few friends and say something kind

## 3. Friendship & Inclusion

Helping everyone feel like they belong.

- Invite someone sitting alone to join you
- Share a favorite memory with a friend
- Ask someone what makes them feel appreciated
- Ask classmates who they have thanked today
- Ask a student what they like best about school and share your answer
- Notice someone who smiles a lot and thank them

## 4. Written Notes & Creative Kindness

Kindness students can write, draw, or create.

- Write a short positive note to a classmate
- Leave a sticky note with a kind message
- Write a poem or short message for a friend
- Write 3 things you admire about a friend
- Write 3 reasons "I appreciate you"
- Leave a kind note in a library book
- Post a "Thank You" sticky note on a locker or desk
- Create and display a kindness poster
- Make a handmade card for someone

Make a sign about what you like about your school

## 5. Helping Hands

Kindness through actions.

- Help a classmate with homework
- Help organize classroom materials
- Pick up trash others left behind
- Help a younger student
- Do a random act of kindness for someone

## 6. Appreciation for Teachers & Staff

Showing gratitude to the adults at school.

- Say thank you to a teacher for something specific
- Write a thank-you note to a teacher
- Compliment a teacher's lesson or teaching style
- Ask a teacher how their day is going
- Tell a staff member you appreciate their work
- Thank a staff member you don't talk to often
- Say thank you to custodians, crossing guards, nurse, or SRO
- Post a "Thank You" sticky note on staff doors

## 7. Kindness Across Grades

Looking out for others beyond your own class.

- Say something kind to a student in another grade
- Encourage a student in a lower grade
- Compliment a younger student for being kind
- Tell a younger student what you appreciate about your school

## 8. Gratitude Beyond School

Kindness that reaches home and the community.

- Encourage others to thank their parents
- Tell your parent(s) something you appreciate
- Write a thank-you note to a community helper
- Write a note to a past teacher

## 9. Sharing Positivity Publicly

Spreading kindness so others can see it.

- Share a story about a classmate's kindness
- Share a compliment with the principal about staff
- Tell the principal what you appreciate about your school
- Post a small thank-you poster in a common area
- Ask classmates to sign a large appreciation card

## 10. Reflection & Kindness Projects

Helping kindness grow over time.

- Start a kindness journal and share an entry
- Suggest a kindness project to your teacher
- Make a thank-you video or audio message
- Share a song that reminds you of someone's kindness