

# 50 WAYS TO SAY THANK YOU AND SHOW RANDOM ACTS OF KINDNESS

1. Give thanks to your bus driver who waited for you as you ran out the door
2. Return your neighbor's newspaper that was left at the end of your driveway
3. Call a caring friend or adult who lives far away-- just to say hi
4. Leave a surprise note for your Mom, Dad or special friend to find
5. Make a card for your teacher who helped you on a project
6. Play with your younger sister or brother when you think they're feeling sad
7. Thank the police in your town for keeping you safe
8. Draw a picture to put on your refrigerator at home to say thank you
9. Share your favorite snack with someone who forgot theirs
10. Create a school project and feature a family member, then let them know
11. Sit with a new student in your school and make them feel welcome
12. If you see a person who's having a bad day, smile and send them good thoughts
13. Call your grandma or grandpa, or a friend and wish them a Happy Birthday
14. Make a heart shaped pizza and leave it with a note on the pizza box
15. Give help at home folding the laundry without being asked
16. Ask what makes everyone in your family happy, then surprise them by doing it
17. Donate your used toys or games to someone who needs them more than you
18. Call a sick friend and ask if you can bring them their homework
19. Spend time visiting a neighbor who doesn't get out much
20. Leave a note or present to your teacher if you know she/he likes something special
21. Clear the dishes from the table and say thank you to the cook
22. Learn this sentence. "Thank you. I appreciate \_\_\_\_\_ because \_\_\_\_\_." It makes people feel good. Let people know why you appreciate them
23. Offer to take someone's picture with their camera
24. Send a thank you text to a friend's Mom or Dad for driving you somewhere
25. Shovel your neighbor's yard, especially if they can't do it for themselves
26. Drop off a gift or a homemade treat or pie to someone you know isn't feeling well and let them know you hope they feel better
27. Offer to let someone get ahead of you in line
28. Deliver books from your local library to folks who can't get out much
29. When someone asks how you are, answer them in a positive way. Then say "thank you for asking." It makes them feel good
30. Write a handwritten thank you note if you receive a gift from someone.
31. Thank your sports coach for a great season and thank him/her for all their help
32. Invite someone over for the holidays who might be lonely and make their day!
33. Give books you don't want any more to the library so others can enjoy them
34. Take the time to write a handwritten thank you note if you receive a gift
35. Stay after school and help other students with their homework
36. Create a quiet zone in your house during certain hours which others will like
37. Help at a fundraiser in your community and see how it feels to give back
38. Play with a child for a few hours and give parents or grandparents a little break
39. Pay attention to your pet and enjoy extra time together. They're your best friend
40. Ask your Mom or Dad if they need anything. They'll love that!
41. Leave a note at home that says "I unloaded the dishwasher" xo
42. Give a hug to someone you love – even if you feel you're too old to do it
43. Make new friends and invite them to your home. Be thankful they're visiting
44. Leave a note for the school nurse who took care of you when you were sick
45. Congratulate someone if they win and you don't. Thank them for a good game
46. Help a friend with chores to lighten the load so you can go out earlier
47. Offer to give your seat on the bus to someone who looks like they should sit down
48. Make handmade coupons for your family for services you can provide
49. Bake a cake and surprise someone special on their birthday
50. Write random thank you's on post-it notes. Hide them and have fun!

*Always think how someone else is feeling.  
Just be you, appreciate what's been done for you – or just be kind – just because!*

