

RANDOM ACTS OF KINDNESS

We need more kindness in this world. Join us in spreading kindness this year at JWMS.

We have put together 5 things you can do every month to spread kindness and gratitude towards others.

Be the change you want to see in the world.
Create the world you want to live in.



5 RANDOM ACTS OF KINDNESS FOR AUGUST

1. Say “Good Morning” to a student and an adult.
2. Write a complement to a friend on social media (or write them a handwritten note).
3. Say “Thank You” to an adult who helped you during your day (or student).
4. Introduce yourself to a student you don’t already know.
5. Write a complement to a classmate you don’t usually speak to.



5 RANDOM ACTS OF KINDNESS FOR SEPTEMBER

1. Hold a door open for someone.
2. Give a compliment for no reason.
3. Invite someone sitting alone at lunch to sit with you.
4. Let someone go ahead of you in line.
5. Stand up for someone who is being teased or bullied.



5 RANDOM ACTS OF KINDNESS FOR OCTOBER

1. Text a compliment to a family member.
2. Study with a friend who may need some extra help in a subject.
3. Tell a corny joke to someone who is having a bad day.
4. Donate a can of food for a canned food drive.
5. Volunteer to help with a school event (hint, the fall festival is this month).



5 RANDOM ACTS OF KINDNESS FOR NOVEMBER

1. Visit an older family member and spend some time with them.
2. Share with someone why they are important or special to you.
3. Forgive someone.
4. Throw trash away and don't leave it on the ground. If you see trash on the ground, please pick it up.
5. Give someone a hug, who looks like they are having a bad day.



5 RANDOM ACTS OF KINDNESS FOR DECEMBER

1. Offer to babysit for a family member or neighbor (they would be more appreciative that you know).
2. Share your gift with others. It can be an art project, song, short story, dance, or poem.
3. Make a gift for someone. There are lots of DIY projects you can find online.
4. Spend time with and listen to a story from an elderly person. They have had amazing lives and you may learn a lot from them.
5. Help someone carry their heavy bags.



5 RANDOM ACTS OF KINDNESS FOR JANUARY

1. Give someone a high-five or fist bump for doing a good job.
2. Write a nice note to someone with whom you are acquainted.
3. Listen to someone who is feeling overwhelmed or stressed.
4. Volunteer in your community or for a shelter.
5. Share a snack with someone.



5 RANDOM ACTS OF KINDNESS FOR FEBRUARY

1. Write a “Get Well Soon” card for someone who is in the hospital or someone you know.
2. Do a chore around the house without being asked.
3. Read to a younger sibling or child you know.
4. Make and send a card to someone to say thank you or to cheer them up.



5 RANDOM ACTS OF KINDNESS FOR MARCH

1. Help up someone who may have fallen.
2. Ask someone to help you, even if you don't like being or asking for help (it makes other feel good).
3. Help a teacher clean-up the mess left in the classroom after the class leaves.
4. Send a thank you card to someone.
5. Have a conversation with someone who is standing alone at a social event.



5 RANDOM ACTS OF KINDNESS FOR APRIL

1. Pick up trash on the ground and throw it away.
2. Write a note to someone in hospice care.
3. Mow the lawn for a neighbor (ask permission first).
4. Help a younger sibling.
5. Teach someone something new to them.



5 RANDOM ACTS OF KINDNESS FOR MAY

1. Send a “pay it forward” message.
2. Write a supportive message in a group chat.
3. Write a letter to a deployed or wounded member of the military through “Operation Gratitude.”
4. Reach out to a friend or family member that you have been meaning to call but have not had time to catch-up.
5. Donate old cell phones to domestic abuse survivors. Any phone can be donated to your local verizon store.

