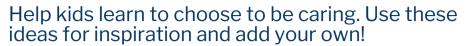
# **Acts of Caring**



Help kids learn to choose to be caring. Use these ideas for inspiration and add your own!

Help with something around the house without having be asked
Go out of your way to help a sibling with homework or their chores
Send a loved one a funny or encouraging message, especially if you've noticed they've been sad lately
Show appreciation to someone who did something at home that's usually taken for granted
Ask your parent or caregiver if they need any help with something
Surprise a loved one with a thoughtful gift - it could be something you made yourself or saved up a few dollars

## Acts of Caring





vvrite a kind lette	r to your principal
Write a letter tha and ideas about y	t respectfully expresses your concerr our school
Help out a classmor a group activit	nate who is struggling with homework y
	eone who's usually on their own or ny other kids to play or sit with
Tell an adult abou being bullied	ıt someone who's having a hard time o
Ask your teacher	if they need any help with something
Cheer on a teamr hurt or upset	mate, or help out an opponent if they'r
Comfort or stand time	up for someone who's having a hard

# **Acts of Caring**



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Say "hi" to	someone you wouldn't normally say "hi" to
The state of the s	e how they'd like to be referred to (for by first name or nickname)
	nt someone on something (other than their appearance)
Say "thanl	k you" with authenticity, really mean it
Ask some	one about their day truly listen and respond
serves you	dge and genuinely thank a stranger who u (for example, a waiter, the bus driver, people at the trash)
Offer help	to someone, even if they don't ask for it
Make an e you didn't	ffort to pick up trash that you notice, even if litter
Donate us	ed books to the library, if possible or available
	od drive and donate the food at your local ore, community fridge, or donation box

## Acts of Caring



Help kids learn to choose to be caring. Use these ideas for inspiration and add your own!

trying	g to make a positive difference in people's lives
Make	e an effort to help the environment
реор	n more about an important issue that affects ble, such as climate change or inequality (consult erts and credible sources)
even	ribute to a social cause (make signs, attend an it, raise awareness once you feel more vledgeable)