

Acts of Kindness Ideas for Teens

Discuss each item listed in the six circles with your class. Ask the class to give their opinions on each item and describe how they can carry out the items.

BE KIND TO YOUR FRIENDS

- Make a homemade gift for someone.
- Be a good listener to a friend in need.
- Text a friend to tell them they are loved.

BE KIND AT SCHOOL

- Write a Thank You note to your teacher.
- Stand up for someone who is being bullied.
- Invite a classmate to sit with you at lunch.

BE KIND ONLINE

- Write a positive comment on a post.
- Send an encouraging text or message.
- Share an uplifting story on social media.

BE KIND TO THE ENVIRONMENT

- Use a reusable water bottle.
- Recycle at school and at home.
- Pick up litter around your neighborhood.

BE KIND TO YOUR FAMILY

- Cook and eat a meal together.
- Do a chore for a family member.
- Help a younger sibling with homework.

BE KIND TO YOURSELF

- Read an inspiring book or article.
- Do something that brings you joy.
- Forgive yourself for a past mistake.

