

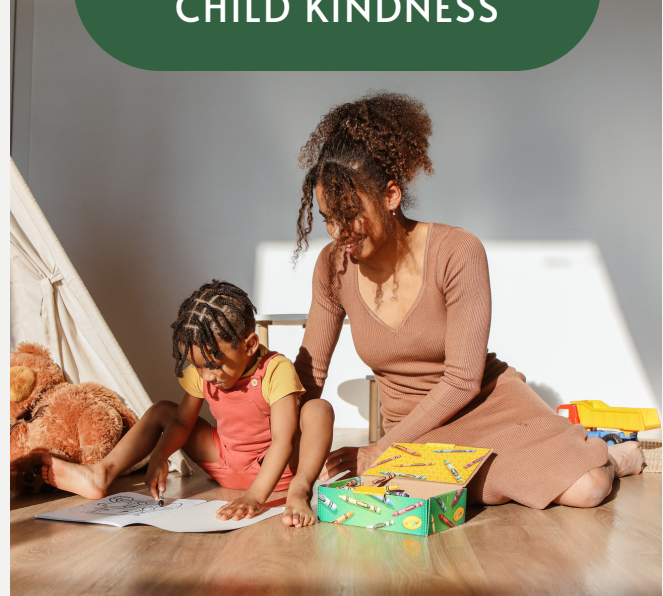
30 WAYS TO KINDNESS

Written by MessyMotherhood

1. Share the last cookie
2. Add a piece of candy or treat in their lunchbox.
3. Mention to others how your child did something great (make sure your child can hear you say it)
4. Say “I really appreciate it when you....”
5. Share three reasons why you love them.
6. Make their bed and leave a note “made with love by Mom”.
7. Surprise them with something they’ve always wanted.



SHOWING YOUR CHILD KINDNESS



8. Hug them and tell them that they are a great kid
9. Make their favorite meal just because you wanted to do something nice.
10. Hide little notes with compliments around their room.
11. Buy them a t-shirt that you know they’ll love.
12. Draw a picture for your child.
13. Notice something good about your child and tell them what it is
14. Help your child with their chores.
15. Leave a kind note in their lunchbox or next to their plate at the table.

BEING KIND TO OTHERS



1. Give to the homeless on the street corner.
2. Leave quarters taped to parking meters for strangers to use.
3. Donate clothing and other household goods
4. Give to the food bank.
5. Make a meal for someone who's sick.
6. Take your kids with you to volunteer in the community.
7. Make cookies with your child for his teacher, just because.

8. Give compliments to friends and strangers.

9. Pay for the coffee/meal of the person behind you in the drive thru.

10. Hold the door for strangers.

11. Take coffee/treats to a friend.

12. Help a stranger who's dropped something

13. Let someone go ahead of you in line, just because.

14. Take treats to community helpers, like firemen and police officers.

15. Treat your server at restaurants with respect and kindness and leave a big tip.

