



School Day Random Acts of Kindness

On the Bus

- Look your driver in the eye and say, "Thank you for driving us to school!"
- Give your seat up for someone else.
- Invite a child you don't know to sit with you.
- Stick up for a friend in a sticky situation.
- Pick up trash and throw it away when you leave the bus.

In the Classroom

- Find out your teacher's favorite treat and surprise her/him with it on an ordinary day.
- Cheer on a friend who's having a hard time with an assignment.
- Take notice and offer to help with something that needs to be cleaned or put away.
- Say, "Thank you!" to your teacher and let her/him know you appreciate what they do.
- Compliment a friend on her/his outfit, hair, or on their school project.

At Recess

- Play whatever your friends want to play; no arguments, no questions asked.
- Offer to pick up games/sports equipment when it's time to go back inside.
- Look for someone who needs a friend and invite her/him to play.
- Give up the swing or monkey bars for someone else.
- Encourage a friend to try something new and cheer her/him on as they do.

In the Lunchroom

- Look your lunch lady in the eyes and say, "Thank you for all you do!"
- Clean up your trash and any trash left at your table or on the floor.
- Share your favorite lunch item with a friend.
- Invite a new friend to sit with you.
- Help someone by holding the door or trash can open, especially if their hands are full!

After School

- Check-in and encourage a friend after a rough day.
- Write a thank-you note to a school staff person who may not get thanked often.
- Wait for the new kid (or someone who needs a friend) to get off the bus and walk them home.
- Offer to help a friend with their homework. (But never do it for them!)
- Say a prayer for the friends, teachers, and school staff that make your learning experience so amazing!

