



Acts of Kindness Activity

hemisfair.org/parkitathome

Kindness Supplies

- Imagination
- Heart
- A desire to make someone's day!



Acts of Kindness Ideas

- Head to the park with some chalk and write sweet messages to the world
- Leave a dish of fresh water in front of your house for neighborhood dogs
- Write a letter to a grandparent or sibling and tell them why you love them
- Set the table for dinner
- Tidy your bedroom without being asked
- Write a thank you note to your mailperson or garbage collectors
- Make “kindness stones” by painting messages on rocks and leave them around the park
- Empty the dishwasher without being asked
- Donate canned goods or outgrown, gently used clothing

