Kindness activities for kids

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Kindness activities for kids are small, free things a child can do to make someone's day better: a thank-you card, a chore done as a surprise, a game with the kid playing alone. Here are 27 ideas sorted by age and place, and a helper card to print and tick off, one kind thing a day.

Ideas by age

- Age: Ages 3 to 5 · Ideas: Set the table without being asked, Leave a thank-you note on someone's pillow, Call a relative who lives far away · Count: 15
- Age: Ages 6 to 8 · Ideas: Set the table without being asked, Leave a thank-you note on someone's pillow, Read a story to someone younger · Count: 26
- Age: Ages 9 to 12 · Ideas: Set the table without being asked, Leave a thank-you note on someone's pillow, Read a story to someone younger · Count: 26
- Age: 13 and up · Ideas: Read a story to someone younger, Make a kind words jar, Do a chore as a surprise · Count: 16

Ideas by place

"Grown-up? Yes" means a grown-up comes along or does part of it. Every idea away from home or school has one, and none of them needs anything bought.

At home

- Idea: Set the table without being asked · How: Put out plates, forks and cups for everyone before dinner. Ask a grown-up which plates to use. · Ages: 3 to 5, 6 to 8, 9 to 12 · Grown-up?: No
- Idea: Leave a thank-you note on someone's pillow · How: Draw or write a thank-you for someone in your home. Leave it on their pillow as a surprise. · Ages: 3 to 5, 6 to 8, 9 to 12 · Grown-up?: No
- Idea: Read a story to someone younger · How: Pick a picture book and read it out loud to a younger child in your family, or to a stuffed animal. · Ages: 6 to 8, 9 to 12, 13+ · Grown-up?: No
- Idea: Make a kind words jar · How: Write kind things about the people you live with on slips of paper and put them in a jar. Anyone can pull one out on a hard day. · Ages: 6 to 8, 9 to 12, 13+ · Grown-up?: No
- Idea: Do a chore as a surprise · How: Sweep the floor, line up the shoes or empty a bin without being asked. Don't tell anyone, and see who notices. · Ages: 6 to 8, 9 to 12, 13+ · Grown-up?: No
- Idea: Call a relative who lives far away · How: Ask a grown-up to help you call someone in your family. Tell them one good thing from your week. · Ages: 3 to 5, 6 to 8, 9 to 12, 13+

· Grown-up?: Yes

• Idea: Teach someone at home something you know · How: Show a brother, a sister or a grown-up how to do a trick, a game or a drawing. Be patient when they get it wrong. · Ages: 6 to 8, 9 to 12, 13+ · Grown-up?: No

At school

• Idea: Help a new kid find their way · How: Show a new classmate where the lunch room and the bathroom are. Sit with them at lunch on their first day. · Ages: 6 to 8, 9 to 12, 13+ · Grown-up?: No

• Idea: Make a thank-you card for a teacher · How: Fold a sheet of paper and draw something you learned this year on the front. Inside, say what you liked. · Ages: 3 to 5, 6 to 8, 9 to 12, 13+ · Grown-up?: No

• Idea: Thank the people who keep school running · How: Draw a card for the lunch staff, the bus driver or the cleaner. Give it to them with your teacher. · Ages: 3 to 5, 6 to 8, 9 to 12 · Grown-up?: No

• Idea: Ask someone to play at recess · How: If you see a kid playing alone at recess, ask them to join your game. · Ages: 3 to 5, 6 to 8, 9 to 12 · Grown-up?: No

• Idea: Share your supplies · How: Lend a pencil or a crayon to someone who forgot theirs, and don't make a fuss about it. · Ages: 3 to 5, 6 to 8, 9 to 12 · Grown-up?: No

• Idea: Write one nice thing about each classmate · How: With your teacher's OK, write one kind thing about each person in your class on a slip of paper. Hand them out together. · Ages: 6 to 8, 9 to 12, 13+ · Grown-up?: No

• Idea: Help a classmate with something you're good at · How: If a friend is stuck on a math problem or a hard word, show them how you do it. Let them try the next one. · Ages: 6 to 8, 9 to 12, 13+ · Grown-up?: No

In the neighborhood

• Idea: Rake leaves for an older neighbor · How: With a grown-up, rake leaves or sweep the path for an older neighbor your family knows. · Ages: 6 to 8, 9 to 12, 13+ · Grown-up?: Yes

• Idea: Clear snow from a neighbor's steps · How: With a grown-up beside you, sweep or shovel the snow from the steps of a neighbor your family knows. · Ages: 9 to 12, 13+ · Grown-up?: Yes

• Idea: Draw kind chalk pictures on your sidewalk · How: Draw hearts, suns and happy words on your own sidewalk or driveway for people walking by. Don't sign it. A grown-up stays close. · Ages: 3 to 5, 6 to 8, 9 to 12 · Grown-up?: Yes

• Idea: Put a happy picture in your window · How: Draw a rainbow or a happy picture, and don't sign it. A grown-up helps you tape it in a front window for people walking past. · Ages: 3 to 5, 6 to 8, 9 to 12 · Grown-up?: Yes

• Idea: Leave a thank-you for the mail carrier · How: Draw a thank-you picture for the mail carrier or the delivery driver. Sign it "From a friend". A grown-up helps you tape it to the mailbox or the door. · Ages: 3 to 5, 6 to 8, 9 to 12 · Grown-up?: Yes
• Idea: Say good morning on a walk · How: On a walk with your grown-up, smile and say good morning to the neighbors you know. · Ages: 3 to 5, 6 to 8, 9 to 12 · Grown-up?: Yes
• Idea: Make pictures for a care home · How: Draw cheerful pictures and sign them "From a friend". A grown-up asks the care home first and drops them off. · Ages: 3 to 5, 6 to 8, 9 to 12, 13+ · Grown-up?: Yes
• Idea: Bring a snack you made to a neighbor · How: Make a snack with a grown-up and bring it together to a neighbor your family knows who is sick or has a new baby. Ask first what they can eat. · Ages: 6 to 8, 9 to 12, 13+ · Grown-up?: Yes

With animals

• Idea: Make a pet toy from an old sock · How: Tie knots in an old sock to make a tug toy for a dog, or roll scrap paper into a ball for a cat. A grown-up watches while the pet plays. · Ages: 6 to 8, 9 to 12, 13+ · Grown-up?: No
• Idea: Learn how to be gentle with animals · How: Ask a grown-up to show you how a pet likes to be touched. Move slowly and let the animal come to you. · Ages: 3 to 5, 6 to 8 · Grown-up?: Yes
• Idea: Leave wild animals where you find them · How: If you find a baby bird or a frog, look but don't touch. Tell a grown-up if it looks hurt. · Ages: 3 to 5, 6 to 8, 9 to 12 · Grown-up?: No

For the planet

• Idea: Pick up litter with a grown-up · How: Wear gloves and carry a bag. Leave anything sharp or broken for the grown-up. · Ages: 6 to 8, 9 to 12, 13+ · Grown-up?: Yes
• Idea: Pass on clothes you have outgrown · How: Fold clothes that are too small. A grown-up finds someone who can wear them, like a younger cousin or a clothes bank. · Ages: 3 to 5, 6 to 8, 9 to 12, 13+ · Grown-up?: Yes

A helper card to print

Print this page, or copy the list onto a sheet of paper and stick it on the fridge. Tick a box for each kind thing, and when all ten are ticked, pick ten more from the ideas above.

• ? I said thank you to someone who helps me.
• ? I did a chore without being asked.
• ? I asked a kid at school to play.
• ? I made a card or a picture for someone.
• ? I shared something of mine.

- ? I helped look after an animal or a plant.
- ? I picked up litter with a grown-up.
- ? I turned off a light or a tap.
- ? I read to someone younger.
- ? I gave away a toy, a book or clothes I have outgrown.

Questions parents ask

What age can kids start volunteering?

A child can help at home from about age 3, setting the table or watering plants. Places that take volunteers each set their own age, often 8, 12 or older, and most want a parent with a younger child. Ask each place what age they take before you go.

Can kids volunteer without a parent?

Not for the ideas here that leave home or school: a grown-up comes along for every one of those, and at school the teacher is the grown-up. Some places let older teens help on their own, but the place decides, and a parent signs them up.

How do I teach my child kindness?

Do kind things where your child can see, and say why out loud. Notice when they are kind and say what they did. Pick one idea a day from this page together, and talk about how the other person might have felt.

Is this free?

Yes. Every idea here uses things you already have at home, and nothing needs to be bought. Peabody is free through the end of 2027, with no ads and no sign-up, and this page keeps nothing about who reads it.

More ways to help and play

- Volunteering for kids
- Cook something to share in the kitchen
- Bored? Free things to do

Free at peabody.kids/kindness-activities-for-kids