

Bulldog Random Act of Kindness Idea and Point List

| Random Act of Kindness: | Points | Random Act of Kindness: | Points |
|--|--------|--|--------|
| Take treats to the firestation | 1 | Talk to someone at school that you do not know well and get to know them better. | 1 |
| Clean family room/play area every day for one week. | 1 | Fold and put away clean Laundry | 1 |
| Send a postcard to a friend/family member. | 1 | Clean your room every day for one week. | 1 |
| Help make a meal. | 1 | Make a thank you card for your school librarian, receptionist, target time teacher, or teacher | 1 |
| Set the table for a family meal and help clear dishes. | 1 | Read a book to someone. (You can not use homework assignments for this act of Kindness) | 1 |
| Write a letter to an elected official about a cause in which you believe. | 1 | Take treats to a neighbor with your parent or guardian's permission. | 1 |
| With your parent or guardian's permission donate to a food drive. | 1 | Bring in leftover Halloween Candy for the Armed Forces candy drive in October | 1 |
| Help your parent or guardian take out the trash for one month. | 1 | Make your bed every day for a week | 1 |
| With your parent or guardian's permission donate gently used toys that your family no longer needs to a charity, church, synagogue, or mosque. | 2 | Make a homemade gift for a someone | 2 |
| Visit an elderly or shut-in neighbor with your parent or guardian's permission. | 2 | Make a no sew fleece blanket for Project Linus or the Roads Home in Midvale | 2 |
| Get permission and shovel a neighbors sidewalk for them. | 2 | Talk to a new student at school and help them meet people | 2 |
| Make Holiday cards for residents at a Senior Center / Nursing Home. | 2 | Decorate placemats for Meals on Wheels | 2 |
| Send a card to someone serving in the Armed Forces. | 2 | Get some gloves on and pick-up litter around your neighborhood with your parent, or guardian. | 2 |
| Volunteer at an animal shelter. | 5 | Volunteer at a nursing home. | 5 |
| Volunteer at a soup kitchen/food pantry. | 5 | Find out when your local Special Olympics is having an event and volunteer. Make signs and cheer on the competitors. | 5 |

This is NOT a reporting sheet.
You must fill out and turn in the Random Acts of Kindness reporting sheet.