

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.