



18 RANDOM ACTS OF KINDNESS THAT TEENS CAN DO:

Write a nice note to someone with whom you are acquainted.

Give a compliment for no reason.

Say, "good morning" to an adult in the building.

Say, "thank you" to an adult that has helped you at school.

Tweet a complement to a friend.

Text a compliment to a family member.

Write a supportive message in a group chat.

Listen to someone who is feeling overwhelmed or stressed.

Write a complement to a classmate you don't usually speak.

Share with someone why they are important or special to you.

Send someone an e-card to say thank you or to cheer them up.

Read to a younger sibling.

Forgive someone.

Write a get well card for someone in the hospital.

Pick up trash on the ground and throw it away.

Send a thank you e-card to someone.

Give a compliment to someone, just because.

Do a chore around the house without being asked to do so.



Always Innovating

**South
Texas ISD**

RIO GRANDE VALLEY | GRADES 7-12