



The Children's Hour®
kids public radio



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100 Kind Things You Can Do- Use this list for the Bee Kind Game!

1. After you visit a local business, write a positive review online.
2. Ask a senior person to talk about old times, and listen.
3. Before you post something on social media, check that you can “yes” for three criteria: Is it true? Is it kind? Is it necessary?
4. Bring cookies for the custodians.
5. Support your community and buy from a local farmers market
6. Clean up trash at a nearby park
7. Buy something second hand or used.
8. Call someone you haven’t spoken to in a while.
9. Carry a small bottle of hand sanitizer in your pocket; use it and share.
10. Paint positive messages to hang up
11. Clean up a mess, even if you didn’t make it.
12. Define empathy and list some examples.
13. Donate a book to a library.
14. Donate a toy to charity.
15. Donate food to a food bank.
16. Donate new school supplies.
17. Donate pet food to an animal shelter.
18. Donate your clean used towels and/or blankets to a shelter.
19. Donate your outgrown clothes.
20. Eat foods that were grown/raised locally.
21. Feed someone else’s parking meter.
22. Feed the birds.
23. Find out something new about a classmate or coworker; get to know someone.
24. Gift a book to someone.
25. Give food and/or drink to someone.
26. Give someone a coupon for a free hug.
27. Go for a walk outside.
28. Hang clothes out to dry instead of using a machine to dry.
29. Have a vegetarian day; eat meat-free for 24 hours.
30. Help clear the table after the meal.
31. Help prepare a meal.
32. Help someone study/do homework.
33. Help to carry things.
34. Help with laundry.
35. Help with yard work.
36. Hold the door open for someone.
37. Hold the elevator for someone.
38. If you’re getting a new pet, adopt one from a shelter
39. Keep a coin bank and when it’s full, donate the cash to a good cause.
40. Leave a gift for your mail carrier; take a gift to your post office clerk.
41. Leave coins at the laundromat.
42. Leave refreshments for the delivery worker.
43. Leave the closer parking space for someone else.
44. Lend your umbrella to someone without one when it’s raining.
45. Let someone go ahead you.
46. Donate to a charity
47. Make an original bookmark for your librarian or bookseller.
48. Make your bed.
49. Organize a fundraiser/collection for someone in need.
50. Pass out stickers to kids waiting in line.
51. Pay for someone else.
52. Pick up litter.
53. Plant a tree.
54. Post inspirational quotes on your social media.
55. Rake leaves or shovel snow for a neighbor.
56. Read to someone
57. Talk with a friend or family member about kindness
58. Replace older light bulbs with energy efficient ones.
59. Return found items to the owner.
60. Reuse or repurpose gift wrapping.
61. Ride your bike or walk, instead of going by car.
62. Run errands in clusters, to reduce your use of fuel.
63. Say kind words to someone.
64. Send a “get well” card.
65. Send a (handmade) card of appreciation.
66. Send a care package to the troops.
67. Share a favorite recipe.
68. Share your lunch or candy.
69. Sing a song for someone.
70. Stop yourself from complaining.
71. Stop yourself from judging someone.
72. Take treats to the fire station.
73. Talk about a thing that brings you joy or makes you happy.
74. Talk about a thing that made you feel angry.
75. Talk about a time when your actions affected someone.
76. Talk about your feelings.
77. Talk with the new person.
78. Tell a joke or funny story spread laughter.
79. Tell police and military workers: “Thank you for your service.”
80. Tell someone how much they mean to you.
81. Tell the principal how great your teacher is.
82. Text someone “Good Morning” or “Sweet Dreams” or a special emoji, to let them know you’re thinking about them.
83. Tidy up your room.
84. Tip a busser.
85. Tip your server generously.
86. Turn off the water while brushing your teeth.
87. Use a reusable water bottle
88. Use a reusable grocery bag
89. Use chalk to create positive drawings and/or messages on sidewalks.
90. Visit with your elders.
91. Walk the shopping cart all the way back to the store.
92. Walk/run for a charity.
93. When you wear a face mask when you are sick.
94. Work in a community garden.
95. Write a poem for someone.
96. Write a thank you note.
97. Write an encouraging note to someone.
98. Write out someone’s best qualities and give it to them.
99. Write someone a handwritten letter.
100. Do any of these things without expecting anything in return.



1. In each blank space, write a number 1 through 100 that matches to a kind act on the list. Some have already been filled in for you.
2. Start on the BEGIN space. To move along, you must complete the kind act that matches that number. Once the act is done, you may cross out that space.
3. It may take you a several days to reach the GOAL. Try to accomplish at least one act of kindness per day.
4. There are two PRIZE spaces. If you land on them you win a prize! (Ask your parent or teacher to help with this.)
5. You may take the shortest route to the GOAL, or you may try to visit as many cells as possible.

BEE KIND GAME

BEGIN

99

76

PRIZE

GOAL

65

31

PRIZE

