

30 Charitable Acts Kindness Challenge

Download and print out this sheet for everyone in your family.
Make it a challenge to complete all 30 charitable acts in the next 30 days.

- 1 Donate an old coat
- 2 Volunteer at a food bank
- 3 Give canned food to a food drive
- 4 Participate in a walk for charity
- 5 Attend a charity event
- 6 Give a gift card to someone in need
- 7 Donate toys you don't use
- 8 Pick up trash at your local park
- 9 Donate extra change to a charity
- 10 Ask coworkers to donate unused items
- 11 Share a charity event on your social media
- 12 Purchase shampoo and conditioner for a shelter
- 13 Deliver meals to those in need
- 14 Help out at your local library
- 15 Invite a friend to a charity event
- 16 Help serve meals at a soup kitchen
- 17 Ask your friends to donate unused items
- 18 Give used books to a shelter
- 19 Make audio recordings for the blind
- 20 Donate your credit card rewards
- 21 Volunteer at an animal shelter
- 22 Foster a cat or dog for an animal shelter
- 23 Follow 4 charities on social media
- 24 Participate in a run for charity
- 25 Shop at a store that gives back
- 26 Gift a toy to a child in need
- 27 Donate one of your holiday gifts
- 28 Donate a blanket you don't need
- 29 Make cards and gifts for shelters
- 30 Walk shelter dogs for a day