



40 ACTS OF KINDNESS

MATTHEW 5:16

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

CUT OUT THESE CARDS. DO AN ACT OF KINDNESS FOR EACH DAY OF LENT.

**ACT OF
KINDNESS**



Say something nice to
someone

**ACT OF
KINDNESS**



Say a prayer for
someone you love

**ACT OF
KINDNESS**



Let someone skip in
line

**ACT OF
KINDNESS**



Help out mom or dad
with a task

**ACT OF
KINDNESS**



Hold the door open
for someone

**ACT OF
KINDNESS**



Tell a joke, make
someone laugh

**ACT OF
KINDNESS**



Return someone's cart
at the store

**ACT OF
KINDNESS**



Set and clear the
table for dinner

**ACT OF
KINDNESS**



Call your
grandparents

**ACT OF
KINDNESS**



Tell someone how
much Jesus loves them

**ACT OF
KINDNESS**



Share your favorite
Bible story with family

**ACT OF
KINDNESS**



Name 5 things you
are thankful for

**ACT OF
KINDNESS**



Ask a person in need
how you can make
their day

**ACT OF
KINDNESS**



Sing and dance to a
song of praise to God

**ACT OF
KINDNESS**



Pray for someone who
is sick

**ACT OF
KINDNESS**



Help mom and dad
run errands

**ACT OF
KINDNESS**



Make a Lenten cross
craft

**ACT OF
KINDNESS**



Offer to help out at
Church

**ACT OF
KINDNESS**



Donate to your local
food pantry

**ACT OF
KINDNESS**



Make a homemade
gift for someone

**ACT OF
KINDNESS**



Spend time with an
elderly neighbor

**ACT OF
KINDNESS**



Help out mom or dad
with a task

**ACT OF
KINDNESS**



Make a 'Thank You'
card for your mail
carrier

**ACT OF
KINDNESS**



Bake cookies for your
local police
department

**ACT OF
KINDNESS**



Do a chore without
being asked

**ACT OF
KINDNESS**



Say 'Hello' and wave
to 5 strangers

**ACT OF
KINDNESS**



Leave some change in
a vending machine

**ACT OF
KINDNESS**



Write a nice note for
a friend

**ACT OF
KINDNESS**



Give up something
you like for the day

**ACT OF
KINDNESS**



Make a special snack
for your family

**ACT OF
KINDNESS**



Paint a nice picture
for your local nursing
home

**ACT OF
KINDNESS**



Leave kindness rocks
around the city

**ACT OF
KINDNESS**



Do a chore for your
sibling

**ACT OF
KINDNESS**



Donate toys you no
longer play with

**ACT OF
KINDNESS**



Tell a teacher how
much they mean to
you

**ACT OF
KINDNESS**



Let mom and dad
know how grateful you
are for them

**ACT OF
KINDNESS**



Share a special toy
with a friend

**ACT OF
KINDNESS**



Give out stickers to
kids at the park

**ACT OF
KINDNESS**



Pray for someone who
doesn't know Jesus

**ACT OF
KINDNESS**



Make a Lenten cross
craft

40 ACTS OF KINDNESS

Record every act of kindness that you do for
each day of Lent!

DAY 1 _____

DAY 2 _____

DAY 3 _____

DAY 4 _____

DAY 5 _____

DAY 6 _____

DAY 7 _____

DAY 8 _____

DAY 9 _____

DAY 10 _____

DAY 11 _____

DAY 12 _____

DAY 13 _____

DAY 14 _____

DAY 15 _____

DAY 16 _____

DAY 17 _____

DAY 18 _____

DAY 19 _____

DAY 20 _____

DAY 21 _____

DAY 22 _____

DAY 23 _____

DAY 24 _____

DAY 25 _____

DAY 26 _____

DAY 27 _____

DAY 28 _____

DAY 29 _____

DAY 30 _____

DAY 31 _____

DAY 32 _____

DAY 33 _____

DAY 34 _____

DAY 35 _____

DAY 36 _____

DAY 37 _____

DAY 38 _____

DAY 39 _____

DAY 40 _____