



MIGHTIER™

ACTS OF GIVING CHECKLIST

- Write a note or draw a picture for someone to show your appreciation for them
- Hold the door for someone
- Ask questions and listen closely to someone who is talking to you
- Donate food to members of the community
- Offer to help a teacher, parent, or caregiver clean up
- Sit next to and talk with someone who is alone at lunch or recess
- Compliment someone by telling them something you like about their personality
- Say thank you to others
- Donate supplies or food to an animal shelter
- Tell someone a funny joke to make them laugh
- Pick up litter
- Help someone before they ask
- Give a family member or friend a hug
- Cheer up someone who is feeling down
- Write a friendly message in sidewalk chalk for others
- Forgive someone for a mistake they made
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