

# Buford High School Key Club

## Random Acts of Kindness Documentation for Service Hours

Key Club Member Name: \_\_\_\_\_ Date: \_\_\_\_\_

You can earn up to 2 hours each month by doing 15 “mini” random acts of kindness. Ideas for mini random acts of kindness are listed on the back of this sheet but are not limited to just those listed. These count as Key Club hours, but must be documented on this sheet and this sheet must be attached to your service hour sheet.

There are also many more time-consuming acts of kindness listed on the back too. Those are great ideas for earning your “outside of Key Club” service hours.

**Date/Time      Place Occurred      Description      Result/Reflection**

1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

Once you have completed the 15 mini acts of kindness and documented them on this paper, please staple this sheet to your Key Club Service Hour Documentation Sheet and put 2 hours on the sheet with the description of “Random Acts of Kindness” for the month you did them and mark them as Key Club Hours. You can do this each month through April 2024 to earn service hours.

## Mini Acts of Kindness

Document these on the front of this sheet, stapled to your Key Club Service Hours Documentation and then document 2 Key Club service hours for each 15 acts you complete.

1. Hold the door open for someone.
2. Do a chore for someone without them knowing.
3. Tell a joke to someone who is having a bad day.
4. Return someone's cart at the store.
5. Invite someone to sit with you at lunch.
6. Write a happy note for a friend or family.
7. Pick up litter and throw it away.
8. Call a family member and catch up with their life.
9. Compliment someone.
10. Let someone go ahead of you in line.
11. Write a thank you note to someone.
12. Check in on an elderly neighbor.
13. Call a friend and catch up with their life.
14. Tell a staff member at school that you appreciate them.
15. Hold the door open for someone.
16. Say thank you to men or women in military service.
17. Read a book to someone.
18. Take your grandma or grandpa out for lunch.
19. Talk to someone new to your school.
20. Tell a waiter or waitress how good their service was.
21. Tell someone why they are special.
22. Help make dinner for your family.
23. Set the table for a family meal.
24. Clean up your room without being asked.
25. Volunteer to wash the dishes after dinner.
26. Do someone's laundry
27. Say hello to people as you go through the day.
28. Make and leave kindness stones in your neighborhood.
29. Send a card to a relative.
30. Apologize to someone.
31. Take your siblings out to play.
32. Try to cheer someone up.
33. Give someone a pencil.
34. Be a partner in class to someone who doesn't have a partner.
35. Help someone when they drop something.
36. Say please and thank you all day long.
37. Organize a family game night at home.
38. Tell someone how glad you are to see them today.
39. Buy a someone an ice cream or dessert.
40. Thank your bus driver.

These are not the only mini acts of kindness. You may find others that are equivalent and use them.

## Great Big Acts of Kindness

*These acts take hours or days should be listed on your regular Key Club Service Hour Documentation.*

### Key Club Hours

These are ideas that the BHS Key Club works with that you can sign up and do as an individual but can earn Key Club service hours.

- Volunteering at Eagle Ranch
- Volunteering / Organizing supply drives at North Gwinnett Co-op
- Volunteering for the Bears Make a Difference
- Organizing supply drives at Home of Hope – Gwinnett Children's Shelter

These are ideas that you can do for your outside of Key Club hours.

1. Rake / Blow leaves for a neighbor.
2. Wash a car for a friend or family member.
3. Organize a donation from your family or neighborhood.
4. Make a donation to the food pantry or volunteer to help.
5. Help a friend or family member with yard work.
6. Donate toys to a charity at Christmas.
7. Volunteer at a nursing home.
8. Volunteer at a soup kitchen.
9. Play games with someone who may be lonely.
10. Volunteer at a shelter for animals.
11. Bake a cake or cookies for someone.
12. Babysit for free.
13. Organize a date night for your parents.
14. Make Beanies for cancer patients.
15. Organize towel or blanket drive for an animal shelter
16. Go grocery shopping for someone who is unable to do it on their own

These are just some suggestions for acts of kindness or service for others. You may have thought of some other ways to serve using skills that you are good at or have an interest in. Remember kindness may be something you do for others, but you also reap the benefits.