9/11 Good Deeds

1. Create thank you and get well cards to send to a local Veterans Affairs Hospital.
2. Donate small bottles of soap, shampoo and toothpaste to a local veterans homeless shelter. The National Coalition for Homeless Veterans can help you locate an organization in your community.
3. Send care packages for members of our military with the help of nonprofit organizations like Support Our Troops or the USO Wishbook.
4. Call your grandparents or another relative you haven’t spoken to recently and ask how they are doing.
5. Write a letter to someone special in your life, your parents, brother or sister, best friend, or teacher, and share with them three things that you want to thank them for.
6. Decorate brownies and bring them to nurses and elderly residents at a nearby assisted living facility.
7. Clean up your room without being asked.
8. Help wash the dishes.
9. Go to your friend’s recital or big game to cheer them on.
10. Hold the door for the person behind you.
11. Visit an aging relative or friend – someone that would benefit from your company.
12. Give something away to Goodwill, Salvation Army, or another charity, such as items of clothing (in good shape) to that you don’t need, like winter coats, shoes, or eye wear.
13. Donate used toys you don’t need, like bicycles or skates that you’ve outgrown.
14. Contact local nonprofits and find out if they need volunteers.
15. Donate pet food to a local animal shelter.
16. Donate old cell phones, which often are provided to shelters for victims of domestic abuse. Many mobile phone companies accept these at their local stores.
17. Do a good deed for yourself – you count, too – so quit smoking, start exercising, or begin a new activity you’ve put off.
18. Talk to, or have lunch with someone in your class who may be shy or needs new friends.
19. Create a piece of art and give it to a friend or family member.
20. Set up a “playdate” with someone new in your class.
21. Be a helper. Assist your teacher or a classmate to complete a project or assignment.
22. Write a positive sticky note and put it on a family member’s door.
23. Help your family and neighbors with yard work.
24. Team up with your classmates to start saving your coins in a piggy bank and then donate the money you raise to a charity selected by the class.
25. Write a note to a friend telling them what you like most about them.
26. Organize a canned food drive with your classmates and find a local food bank where you can donate the food you collect. To locate one visit the Feeding America website.

27. Send holiday cards with handwritten notes in them to your friends and loved ones.

28. Make cards for the brave firefighters and first responders saving communities from fires.

29. Learn about a holiday that is different from what you celebrate in your home and share what you discovered with your family or classmates.

30. Write a note to your friend or sibling congratulating them on some of the good things you’ve seen them accomplish this year.

31. Make cards for the elderly and deliver them to a nursing home.

32. Donate books you no longer read to a local public library or children’s hospital.

33. Help a classmate, brother or sister with a homework assignment.

34. Take a picture with your family and send it to an elderly family member like your grandma or grandpa with a kind note.

35. With your family, make “care kits” to hand out to the homeless. Simply fill resealable plastic bags with clean socks, a granola bar or other snacks, lip balm, personal hygiene items and gloves or sunscreen, depending on the weather where you live. Research local homeless shelters to find places to donate these kits.

36. Look up on YouTube how to make “birdseed cookies,” then hang outside of your window to feed the birds around you.

37. Write a letter to your mom or dad, or other adult you care about, and tell them how much they mean to you.

38. Leave a thank you note and snack for your postal carrier to thank them.

39. Give cards with kind notes to your classmates and teachers.

40. Help your parents by sorting the laundry into colors and putting away your clean clothes.

41. Show yourself some love and appreciation by creating a list of three things that are special about you.

42. Surprise your parents or siblings by making the bed for them so they don’t have to.

43. Make sure to brush and floss your teeth every day.

44. With your parent’s help, also consider gathering extra toothpaste, toothbrushes, and dental floss and donate them to a local homeless shelter.

45. Decorate bookmarks using construction paper, markers, stickers, ribbons or other fun craft supplies and give them out at your school or public library.

46. Decorate a kindness stone with paint, markers or sparkles and leave it in a park for a stranger to find.

47. With your parents’ or teacher’s help, organize a bake sale in your neighborhood or around school and donate the proceeds to your local women’s shelter.

48. Pick a bouquet of flowers and give them to someone special.

49. With help from your parent or guardian, help make a pancake breakfast for your family.

50. Ask your teacher if you can help them tidy up your classroom by organizing a bookshelf, picking up trash or cleaning the whiteboard.
51. Make planters out of plastic bottles and use them to plant pollinator-friendly flowers and put them outside your home.

52. Ask someone you normally do not play with to be on your team during the games you play at recess or physical education class.

53. Pick up at least 5 pieces of trash outside your school when you’re at recess to help keep the earth litter-free. Get your classmates to join you and see who can clean up the most!

54. Ask your parents to walk, bike or take public transit when running errands on the weekend to reduce your carbon footprint.

55. Bring a reusable water bottle to school every day instead of drinking from plastic bottles meant to be thrown away after one use.

56. Create a picture frame and put your favorite photo of you and your mom in it to give her.

57. Pack an extra snack and give it to your school bus driver or a teacher that you appreciate.

58. Help a friend or family member prepare for an upcoming presentation or performance by watching them practice and giving them feedback on their performance.

59. Invite a friend over to your house for a fun movie night.

60. Write your dad or another father figure in your life a letter or email telling them what you love and appreciate about them. (You could also post a kind message and photo you like on your family’s social media page if permitted to do so.)

61. With a parent or caregiver, go on your own neighborhood cleanup project, collecting litter that you see to be properly recycled or thrown away in your garbage can. Be sure to wear gloves and watch out for sharp objects or anything that’s not safe to pick up.

62. With your classmates make encouraging cards for patients at a children’s hospital near you. Ask your teacher to send the cards to Cards for Hospitalized Kids, an organization that sends cards to children in hospitals all over the country.

63. Collect rainwater with a bucket or large container to help your parents or grandparents water plants around your house instead of using fresh water.

64. Include a book of stamps in a sympathy card to make mailing thank you notes easier.

65. Work with other children in your class who may struggle with some of the lessons you study. You are never too young to teach and encourage!

66. Ask a senior adult what their life was like when they were your age.

67. Participate in a cleanup day for your local greenway or public park.

68. Join a choir or vocal group for an outing to a senior center and share music.

69. Create and donate a “birthday box” to a food shelter. Include items such as cake mix, frosting, candles, balloons & party hats.

70. Hand out bottles of water on a hot day.

71. Head to the park with chalk and write encouraging messages such as: “Be Kind” or “Smile.”

72. Hide a few toys in the sand at the playground for someone to discover.

73. Leave a bowl of fresh water in front of your house for neighborhood animals to enjoy.

74. Dry the slides and play equipment at the park after it rains.
75. Write a thank you note for someone at your school who does not normally receive recognition, such as the lunchroom or janitorial staff.
76. Pack extra healthy snacks and share them with others at the park or playground.
77. Create a “holiday” for someone in your life, such as “Grandma’s Appreciation Day” and celebrate them in a special way.
78. Tell the principal how great your teacher is (see if you can get your classmates in on it as well).
79. Ask your parent/s how their day at work went, and thank them for going.
80. Clean up your living room or another common space in your home so that your parents don’t have to.
81. Try to learn something new about a friend or someone you’re close to.
82. Think something nice about someone you struggle to get along with.
83. Bake cookies or a warm meal with a parent to bring over to a neighbor's house.
84. Thank your parent/s after having family dinner.
85. Try to spend a day without saying something negative about people you know.
86. Give someone a hug when they’re crying.
87. Count to ten before you let yourself lose your temper.
88. Say thank you for everyone who helps you out today.
89. Forgive someone for something mean that they did.
90. Help bake a cake for a friend’s birthday.
91. Share your toys with a friend or sibling.
92. Make “Relax Bottles” with your classmates or family out of clear water bottles filled with glitter and other fun to look at materials to share with kids with learning disabilities to use in times of stress.
93. Bake cookies and bring them to your teacher/s to show them how much you appreciate their help.
94. If you ride the bus to school, sit next to someone who is lonely or new.
95. Think about the things you’re grateful for and keep them in mind all day.
96. Pay attention in class.
97. Don’t talk while the teacher is to show your appreciation for them.
98. Water your lawn or plants for your parents.
99. Feed your pet so your parents don’t have to.
100. Help your parents with the groceries.
101. Teach your parents something new that you learned in school.
102. Start a conversation with someone new at school.
103. Buy a friend their favorite candy.
104. Try to not interrupt anyone today while they’re speaking.
105. Cheer someone one when they’re trying something new.
106. Collect soda can tabs to donate to Ronald McDonald House for sick children and their families. The charity gets paid for these.
107. Put a surprise note in a loved one’s lunch box.
108. Compliment your parent’s or a loved one on how much you enjoyed a meal they cooked.
109. Bring in the newspaper for your parents.
110. Use your allowance to donate to a charity.
111. Leave some change at a vending machine with a nice note for the next person to get a free snack.
112. Do a chore for someone without them knowing.
113. Let someone else pick what to watch on TV.
114. Set the table for dinner.
115. Donate a book to a doctor’s office waiting room.
116. Invite someone to play on the playground.
117. Reuse paper when you are drawing.
118. Draw a nice picture for family or friends.
119. Make a candy gram for the police department.
120. Give high fives to a friend.
121. Make a thank you card for your librarian.
122. Play with your dog or a neighbor’s.
123. Make a get well card for someone.
124. Donate new pajamas for foster kids.
125. Create a homemade award out of construction paper, a paper plate or anything you wish to give to a sports coach or physical education teacher that you appreciate.
126. Write a good-luck note to someone studying in the library.
127. Make two lunches for school and give one away.
128. Think of how your words might hurt someone before you say them.
129. Water your indoor plants for your parents.
130. Bring your friend some ice cream if they just had their tonsils removed.
131. Learn how to make toys for animals and donate them to a local shelter.
132. Bring along a bag of chocolates with you if your family travels via airplane and give out pieces of candy to your flight attendants and other airport staff.
133. Decorate nursing home or hospital rooms, with permission of the facility.
134. Thank a U.S. military veteran for their sacrifice and service to our nation by taking them out for a coffee and good conversation.
135. Make a donation to Wounded Warrior Project or an organization that assists homeless veterans in your community. The National Coalition for Homeless Veterans can help you locate an organization in your community.
136. Practice gratitude all month by making a list of at least three things you are thankful for each day.
137. Volunteer in a soup kitchen or food bank to feed those who may not get easy meals. Feeding America can help you locate a food bank near you.
138. Help prepare a meal by making food, setting the table or cleaning up afterward.
139. Give up your seat on the bus or train to an elderly person, pregnant mother or someone carrying a lot.
140. Offer to take care of your friend’s pet while they are out of town.
141. Donate to the International Association for Fire Fighters Disaster Relief Fund to support the brave people fighting fires and saving communities.
142. Invite someone who is far away from family to join you for a meal.
143. Call up a sibling or coworker congratulating them on some of the good things you’ve seen them accomplish this year.
144. Offer to take a picture when you see a group or couple struggling to get the perfect selfie.
145. Run a blanket or coat drive at school and donate the items you collect to a local shelter to use during the colder months.
146. Adopt a local nonprofit organization that you love, like an animal shelter, and pledge to support them or volunteer with them four times a year, (e.g. donate pet food.)
147. Check with your local American Red Cross to donate blood.
148. Donate your old eyeglasses to New Eyes, an organization that reuses them for people in developing nations.
149. Help out at an animal shelter by walking the dogs, playing with the cats and cleaning the cages. The ASPCA will help you find a shelter nearby!
150. Make cookies and give them to the cafeteria workers at your school as a thank you.
151. Show yourself some love and appreciation by creating a list of three compliments for yourself.
152. Enjoy a tasty treat and help a Girl Scout in your community meet her goal by purchasing some Girl Scout cookies from her.
153. On your birthday this year, ask people to make donations to your favorite local charity on your behalf.
154. Bake homemade dog treats for your pet or a pet that you know.
155. Consider donating some of your books to a Little Free Library in your neighborhood. If there isn’t one near you, consider starting a lending library for the book lovers in your community.
156. Say hello to three new people in your school, workplace or elsewhere in your community.
157. Make a healthy lunch for your parents or guardian to take to work. (Or make your own healthy lunch for school, if they do it for you every day.)
158. With teacher or administration support, start an initiative to create a vegetable garden at your school.
159. After school or work, volunteer to read your favorite children’s books to younger kids in your community at a public library or afterschool program.
160. Help your parents by cleaning the bathrooms or vacuuming your house.
161. Grab some friends or family members and volunteer in a community garden near you.
162. With parent or guardian permission, be in charge of composting food scraps and organic materials at your home by taking your compost to a community garden or starting your own compost bin.
163. As a class, run a collection drive for recyclable materials like glass bottles and cans. If you live in a state where bottles and cans can be returned for money, send all that you gather to a collection center near you. Donate that money to a nonprofit of your choosing.

164. Cook a vegetarian meal for your family to reduce your carbon footprint. If you are already a vegetarian eater, cook a meatless meal for a friend who is not.

165. Talk to your parents to see if your family could change all of the lightbulbs in your house to energy efficient ones to save energy and cut down on the electric bill.

166. Use our free lesson plan that helps you get to know a military veteran in your community by writing a letter to someone who was in the military.

167. Surprise your mom (or an important mother-figure) for by making her favorite breakfast meal, getting her flowers and a card, or washing her car.

168. Ask your teacher if you can lead your classmates in a mindfulness activity.

169. Honor veterans in your community by volunteering to put American flags at the grave sites of service members.

170. Contact your local American Legion or VFW offices to find out how you can help these organizations honor our troops.

171. Before your next school dance or Prom, set up a clothing swap for students to donate and share their gently used formal wear (dresses, suit jackets, shoes, ties, jewelry, etc.). Reusing your fancy duds is good for the environment and helps students who might not be able to afford a new outfit for the event!

172. Learn about lesbian, gay, bisexual, transgender and queer history, and ask a supportive teacher to highlight a few LGBTQ leaders and icons throughout the month to recognize the important accomplishments of folks in that community.

173. Through a party at a veterans home or hospital to celebrate them and thank them for their service.

174. Help a military service member by exploring how to foster their pet while they’re away from home if your family is able to do so. Learn more about PACT for Animals, a nonprofit organization that connects service members’ pets with loving foster families.

175. Plan a day of quality time with your dad or another father figure. Be sure to choose something you both can enjoy like cooking, watching a movie, or hiking.

176. Spend time teaching your grandparents how to text using emojis or teach them something new about their mobile devices if they’re having trouble.

177. Check out the Green Education Foundation for tips on what you can do to reduce the amount of single-use plastics that make their way into the ocean and harm sea life!

178. Write a positive online review for a product, movie, book, etc. that you enjoyed.

179. If you’re in a band, put on a concert fundraiser and donate your earnings to a charity or cause you care about.

180. Babysit your younger siblings for your parents or other children in your community without asking for payment.

181. After blowing leaves from your yard, blow leaves of your neighbors.
182. Visit a youth center and volunteer to spruce up the space. Clean, organize, paint, build and anything else the director needs help with.
183. Be a translator for someone in your community who may not speak English well enough to complete a needed form or application.
184. Help a senior adult with technology such as social media so they can connect with remote family members.
185. Create a beautification project for your community’s public space, such as a mural.
186. Carry someone’s groceries to their car.
187. Buy a spare umbrella and find someone who needs it.
188. Sign up for a first aid, CPR or lifeguard class so you can be prepared in case of an emergency.
189. Use your voice to advocate for a cause you care about or that is directly affecting your community like climate change, animal welfare, racial justice, gender equality or another issue.
190. Donate your first check of your new job to the charity of your choice.
191. Return shopping carts, yours and other stray ones in the lot.
192. Take part in a literacy program to help adults or children learn to read.
193. Swallow your pride and apologize for something you have done or when you are wrong.
194. Let someone in line at the store go in front of you.
195. Ask someone to give a donation in your name rather than a gift.
196. Become a mentor to someone.
197. Report cyber bullying when you see it on social media or anywhere online.
198. Gather clothing or household items to donate to refugee families who are relocating to your community.
199. Volunteer to help coach a sports team for younger kids.
200. Take your neighbor’s trash to the street for them.
201. If you have one, help out a younger sibling with studying for a test or homework.
202. Ask your parent/s if you can help with cooking dinner.
203. If you can afford it, buy lunch for a friend at school.
204. If you have one, tell your brother or sister one thing you appreciate about them.
205. Mow your lawn for your parents.
206. Buy lemonade from a stand in your neighborhood.
207. Plant flowers in your neighbor’s yard, with their permission.
208. Read a history book to learn more about your country’s past.
209. Go shopping at a local business.
210. Say something nice to one of your friend’s on social media.
211. Hang your clothes to dry to save water and electricity.
212. Give you parents a hug when you get home from school.
213. Offer to take a neighbor’s dog on a walk (or take your own)!
214. Visit a friend who is sick.
215. Cook dinner for your parent/s when they’re not feeling well.
216. Tell your parents about your day at school.
217. Carry around cough drops to give to a friend with a sore throat.
218. Participate in a run against cancer.
219. Be extra polite and respectful to your teachers.
220. Compliment a stranger at school.
221. Tell your friend or family about a good book you just read.
222. Stick up for someone being picked on.
223. Let your younger sibling (if you have one) hang out with you and your friends.
224. Look for something nice to say about each of your loved ones.
225. Volunteer at a retirement home and read a book for someone who can’t anymore.
226. Leave a nice note on someone’s car.
227. If you have the time, say yes the next time someone asks you for a favor.
228. Reconnect with a friend you haven’t spoken to in a while.
229. Ask your parents if you can buy school supplies for your teacher.
230. Bring your parent/s breakfast in bed.
231. Make an effort to connect with people outside of your social circle.
232. Compliment a friend on the clothing they’re wearing.
233. Tell your mom that she looks nice.
234. Buy coffee for someone else.
235. Carry someone’s groceries for them.
236. Fold your parents laundry for them.
237. Hold the elevator for someone behind you.
238. Write yourself a note that you’ll open in a few years.
239. Open up to your parents about something you’re struggling with.
240. Take a leap of faith.
241. Pick up litter on the beach.
242. Show the new kids around your school.
243. Water a neighbor’s lawn/flowers.
244. Wash your parent’s car/s.
245. Mow the lawn for your neighbors.
246. Take your younger siblings out to play outside.
247. Take the time to appreciate the sunrise and sunset.
248. Donate your hair after a haircut.
249. Share your umbrella with someone at school.
250. Wash your dog.
251. Put a small bin in your car to collect recycling.
252. Leave happy notes around town.
253. Check in on an elderly neighbor.
254. Teach a friend or family member something that you’re good at (like a sport, musical talent or other skill).
255. Work hard on a group project.
256. Volunteer to partner up with someone left out at school.
257. Buy a loved one’s favorite movie for them (only if you can afford it).
258. Agree to watch your friend’s favorite movie with them (even if you don’t like it).
259. Ask a service employee, like a server or bank teller, how their day is going, and actually listen to them.
260. Let others know about really good songs that you’ve heard.
261. Take someone on a spontaneous adventure.
262. Forgive and try to reconnect with a friend that you had a falling out with.
263. Let others use your extra paper at school.
264. Answer questions in class if no one else is.
265. Buy a book for a friend to read.
266. Donate new coloring books and pencils to a children’s hospital for the patients to use.
267. Leave a bag of microwavable popcorn with a kind note next to a DVD rental machine.
268. Create anti-bullying posters to hang up around your school campus to raise awareness of the problem and help change people’s actions.
269. If you have a classmate, friend or coworker that speaks a different language that you learn a few words in their native language to speak with them.

Email us your ideas at 911gooddeeds@911day.org.