

# MANGER MOMENTS

## Children

- \* Leave a letter in a library book
- \* Make a dessert for a neighbor
- \* Pick up litter at the park
- \* Set the table for dinner
- \* Clean up your room without being asked
- \* Complement a friend
- \* Make someone else's bed
- \* Write thank you notes for your mail carrier
- \* Pass out stickers to kids waiting in line
- \* Help make dinner
- \* Talk to someone new at school
- \* Wash someone's car
- \* Sweep leaves for a neighbor
- \* Hug someone who is sad
- \* Bring flowers for your teacher
- \* Donate a book to a doctors office waiting
- \* Empty the dishwasher without being asked
- \* Take treats to the fire station
- \* Tell someone thank you
- \* Hold the door open for someone
- \* Play with your siblings
- \* Share your favorite toy with a friend
- \* Pass out candy canes

## Teens

- \* Walk dogs at the animal shelter
- \* Babysit for free
- \* Check in on an elderly neighbor
- \* Wrap presents for someone
- \* Wave at Kids on school buses
- \* Plan and prepare a meal for your family
- \* Tape change to a parking meter
- \* Clean up a siblings room
- \* Comfort a friend going through a hard time
- \* Organize & clean out the junk drawer
- \* Bring your neighbors garbage cans up for them
- \* Collect toys to donate to a local shelter
- \* Take care of someone's pet
- \* Forgive someone who has offended you
- \* Leave kindness stones at the park
- \* Clean the house without being asked
- \* Candy bomb cars in a parking
- \* Smile at people in the hall at school
- \* Tell the principal how great your teacher is

## Families

- \* Donate food to the food pantry
- \* Offer an apology you owe
- \* Stuffed socks with supplies and give to homeless
- \* Give spare change to the food pantry
- \* Send dessert to another family at a restaurant
- \* Go caroling around your neighborhood
- \* Pay for the person behind you in drive-through
- \* Volunteer at a soup kitchen
- \* Write a note for someone's lunch
- \* Donate used clothes to shelter or thrift store
- \* Make baby baskets for the NICU
- \* Say hello to everyone you see
- \* Bring lunch to a new mom
- \* Donate blood
- \* Read a book to your children