

# Children's Autism Foundation

## 30 Charitable Acts of Kindness Challenge

Download and print out this sheet for everyone in your family.  
Make it a challenge to complete all 30 charitable acts in 2021

- 1 Donate a box of clothes to an op shop
- 2 Volunteer at a food bank
- 3 Pop some food into the foodbank bin at the supermarket
- 4 Participate in a walk for charity. A fun day out for the family
- 5 Attend a local charity event, school fair or gala
- 6 Give a gift card to a person in need
- 7 Donate a box of toys to an op shop
- 8 Take a bag and pick up rubbish at your local park or beach
- 9 Pop your extra change into a collection box
- 10 Ask coworkers to donate grocery items
- 11 Share a charity event to friends on your social media
- 12 Purchase shampoo and conditioner for Women's Refuge
- 13 Deliver a meal to someone in need
- 14 Leave a generous tip at your favourite cafe
- 15 Invite a friend to a charity event
- 16 Help serve meals at a soup kitchen. Ph: Salvation Army
- 17 Gift a toy to a child in need
- 18 Give used books to a community library
- 19 Volunteer at an animal shelter
- 20 Donate your credit card rewards
- 21 Foster a cat or dog from an animal shelter
- 22 Follow six charities or not for profits on social media
- 23 Tell someone to "keep the change"
- 24 Shop at store with a social conscience
- 25 Pay it forward - do a random good deed
- 26 Participate in Shoebox Christmas
- 27 Donate to Children's Autism Foundation
- 28 Donate old blankets & towels to an animal shelter
- 29 Make cards & home baking for a local rest home
- 30 Donate pet food to the SPCA or local shelter