

Acts of Love: With Children

"Do everything in love."

— 1 Corinthians 16:14

This list offers simple ideas of ways children can engage in Acts of Love. When grown-ups encourage children to do these simple acts of love, they are not only teaching children about compassion but also about how easy it is to show love to others, even those they do not know.

Ask children, "How would you know if someone is having a bad day and may need a little extra love? What are some safe and simple ways to share love?"

AT HOME

- Clean your bedroom without being asked and say, "I wanted to do something special to say I love you."
- Call a grandparent to tell them you love them.
- Acknowledge that you care about the earth by helping recycle.
- Write notes or draw pictures of appreciation for every family member.
- Read a book to someone — in person or via social media.
- Help your sibling learn something new.

IN COMMUNITY

- Listen to someone tell you about their day. "I love you and want to hear about your day."
- Write an encouraging note with sidewalk chalk somewhere in your neighborhood.
- Hold the door for someone.
- Leave letters of encouragement on people's cars.
- Acknowledge that you care about people you don't know who are in need. Ask an adult to help you donate to a food bank.
- Smile at everyone who walks by.

IN THE WORLD

- Print and color a page of the [Color Our World coloring book](#) and mail it to a friend to share the work of Episcopal Relief & Development.
- Create a special envelope or decorate a cup to use as a hope chest or bank. Put money in your hope chest every day for one month.
- Count the money you collected. Did you save enough to purchase from the [Gifts for Life catalog](#)?
- Ask a grown-up to help you donate the remaining money in your hope chest to Episcopal Relief & Development.

Acts of Love: With Youth

Teenagers can have lots of fun when it comes to random acts of love. Here are some ideas — but encourage teens to develop other creative ideas on their own.

AT HOME

- Choose a day not to complain.
- Sweep or vacuum the house without being asked.
- Clean your bedroom without being asked.
- Share an encouraging word for someone.
- Take a sibling outside to play.
- Make a family member breakfast.

IN COMMUNITY

- Ask an adult to help you hand out paper bags of granola bars, water and socks to people experiencing homelessness.
- Water your neighbor's lawn.
- Pay for the person behind you in the drive-thru.
- Wash the neighbor's car — with their permission, of course!
- Collect stuffed animals, towels or blankets to donate to an animal shelter.
- Paint kindness rocks and place them in random spots.

IN THE WORLD

- [Watch a video](#) describing Episcopal Relief & Development's Early Childhood Development work.
- Launch a peer-to-peer [online fundraiser](#) for Episcopal Relief & Development.
- Design a DIY t-shirt or have one printed in various sizes. Sell them and invite friends to join you in giving to Episcopal Relief & Development.
- Film a YouTube video to share your random Acts of Love experience.
- Post your random Acts of Love on Instagram [#episcopalrelief](#).
- Count the money you collected for t-shirts. Did you save enough to shop from the [Gifts for Life catalog](#)? If not, go in with a friend who also saved. Consider purchasing a gift for moms and newborns.

Acts of Love: With Adults

Performing random acts of love and kindness humanize us; they lift us spiritually and they're good for us. Here are a few ideas to get you started.

AT HOME

- Write a note to an old teacher or another person who made a difference in your life.
- Thank a family member when they help wash the dishes.
- Pick up trash in your neighborhood.
- Mow your neighbor's lawn.
- Forgive someone.
- Say this prayer from The Social Justice Bible Challenge:

"Merciful God, your children cry to you night and day. Open our ears to hear their cries, open our eyes to see your love for all children; open our hearts to the work of transforming unjust systems. Increase in us the gifts of faith, hope, and love through your Son Jesus Christ. Amen."

IN COMMUNITY

- Let someone merge in front of you in traffic.
- Buy groceries for a family in need.
- Wipe off your grocery cart and offer to the person behind you.
- Pay the adoption fee for a rescue animal.
- Drop off dinner for your neighbor
- Give a handwritten thank you note to the drive-thru bank teller.

IN THE WORLD

- [Watch a video](#) describing Episcopal Relief & Development's Early Childhood Development work.
- Get permission from the leadership to lead a campaign initiative in your community. [Order complimentary Episcopal Relief & Development materials](#) through Forward Movement. Hand out or mail materials to church members.
- Invite friends and family to honor your birthday or anniversary by giving to [Episcopal Relief & Development](#).
- Order Christmas, Valentine's or other gifts from the [Gifts for Life catalog](#).
- [Become a sustainer](#) and give monthly to [Episcopal Relief & Development](#).
- Write a note to your Bishop asking their office to support you in launching a diocesan-wide fundraising campaign.



Carolina and her family receive fruit trees for their kitchen garden in the Aanglidesh area of Honduras.