

Acts of Kindness Using AAC

Acts of Kindness challenges are a wonderful way to inspire AAC (Augmentative and Alternative Communication) users to expand their language skills while fostering empathy and social connections.

1



Introduce yourself to someone new and ask about them!

2



Give a genuine compliment with someone.

3



Offer to help a friend or family member.

4



Ask someone about their day.

5

THANK YOU!

Thank a parent/caregiver for something specific they do.

6



Reach out to a friend you haven't seen in a while.

7



Write a thank you note to someone using your device.

8



Call or FaceTime a family member to say hello!

9



Ask someone what they are interested in or enjoy doing?

10



Share a snack with a friend and have a chat.

11



Ask someone, "What's something that is hard/challenging for them?"

12 BEST

Ask someone, "What's been the best part of your day?"

13



Smile at someone and say "Hello".

14



Offer a compliment, I love your

15



Donate something and drop it off.

16



Read a book together with a friend.

17



Say encouraging words to yourself today!

18



Listen to someone else and ask them a question or comment about that topic.

19



Tell someone else they can go first.

20



Tell a helper or teacher how much you appreciate them.

21



Ask someone if they're okay.

22



Check on a friend that is sad or overwhelmed.

23



Tell a joke to make someone laugh.

24



Invite someone new to sit with you.

25



Tell someone why they are awesome.

26



Ask someone how they are feeling?

27



Tell someone that they are really smart.

28



Tell someone that they are wonderful.

29



Tell someone that they are brave.

30



Tell someone that they are kind.

31



Tell someone that they are loved.

WORDS MATTER:

- Helpers should Model a variety of new words using these Acts of Kindness challenges.
- Encourage the device user to expand the use of their device using different language functions (commenting, asking questions, conveying emotions, informing, introducing oneself, offering help, compliment, etc.).
- Speak positive and encouraging things to the AAC user, and encourage them to do that with others as well to foster connection and spread kindness wherever they go.
- Remember language is flexible, encourage the device user to do these challenges in their OWN WAY, with THEIR OWN WORDS.