1 KINDNESS ACT

Give someone a big smile



Done!

2 KINDNESS ACT

Say thank you to a teacher



Done!

3 KINDNESS ACT

Share a toy with a friend



Done!

4 KINDNESS ACT

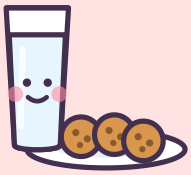
Draw a picture for someone



Done!

5 KINDNESS ACT

Help set the table



Done!

6 KINDNESS ACT

Tell someone why you love them



Done!

7 KINDNESS ACT

Tidy your room without being asked



Done!

8 KINDNESS ACT

Give a family member a big hug



Done!

9 KINDNESS ACT

Write a kind note to a friend



☐ Done!

10 KINDNESS ACT

Pick a toy to give away



☐ Done!

11 KINDNESS ACT

Help a younger child



☐ Done!

12 KINDNESS ACT

Say hello to a neighbor



☐ Done!

13 KINDNESS ACT

Make a card for an older person



☐ Done!

14 KINDNESS ACT

Let someone else go first



☐ Done!

15 KINDNESS ACT

Give three compliments today



☐ Done!

16 KINDNESS ACT

Put out seeds for the birds



☐ Done!

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17 KINDNESS ACT

Help wash the dishes



☐ Done!

18 KINDNESS ACT

Thank a helper (bus driver, cleaner)



☐ Done!

19 KINDNESS ACT

Bake or make a treat to share



☐ Done!

20 KINDNESS ACT

Call a grandparent or faraway friend



☐ Done!

21 KINDNESS ACT

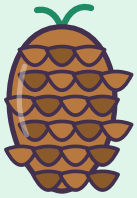
Read a story to a brother, sister or friend



☐ Done!

22 KINDNESS ACT

Pick up litter in the park (with an adult)



☐ Done!

23 KINDNESS ACT

Write down 3 things you are thankful for



☐ Done!

24 KINDNESS ACT

Wish someone a happy holiday



☐ Done!

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