Seven days of kindness

Try one little act of kindness each day. Tell a grown-up how it felt.

Name: _____ Date: _____

DAY 1

Say thank you to someone who helps you. ☐

DAY 2

Invite someone to play or talk. ☐

DAY 3

Help tidy a shared space. ☐

DAY 4

Listen while someone shares a story. ☐

DAY 5

Offer a kind word to someone. ☐

DAY 6

Take turns during a game. ☐

DAY 7

Do something kind for yourself, too. ☐

My favorite kind moment was: