

WEEK 3:

This week we are talking about the difference that one act of kindness can make!

Topics to think about:

- 1) Think of the last time someone did something nice for you. How did that make you feel?
- 2) Did that act of kindness change you day or even your week?
- 3) Have you ever completed an act of kindness? How did that feel?
- 4) Do you remember if that person smiled at you after you did the act of kindness?
- 5) What are some ways we could continue to spread kindness even AT HOME?

ACTIVITIES BELOW:

List Some ways to Spread Kindness @ Home:

1)

2)

3)

4)

5)

KINDNESS SCAVENGER HUNT

Home Edition



Directions: Try and complete as many acts of kindness as you can over the next seven (7) days.

- Read to a younger sister or brother (or babies)
- Do someone else's chores
- Help make dinner
- Write a letter or draw a picture for someone in your family
- Give someone in your family a hug
- Let someone else choose (ex. what TV show to watch, what to eat for dinner, etc).
- Give a pet or family member a treat
- Play a game with a family member (board or video game OK)
- Donate toys you don't play with to charity
- Donate food to local food bank or food pantry



Name _____

Kind Kids Are...



C	T	E	F	U	N	P	G
Y	R	W	A	A	N	B	R
C	L	O	I	W	J	K	A
I	Y	U	R	G	H	F	T
N	Q	Y	P	P	A	H	E
Y	L	D	N	E	I	R	F
D	L	G	A	L	Y	S	U
G	H	E	L	P	F	U	L
N	O	I	L	N	N	A	S
I	N	C	V	E	I	E	B
V	E	C	I	I	C	S	T
I	S	R	A	R	E	P	P
G	T	G	N	I	R	A	C

HAPPY
GIVING

CARING
HONEST

HELPFUL
NICE

FAIR
GRATEFUL

FRIENDLY
FUN