

Hey there Kindness Club!! I am missing you so very much, and I hope you are still trying to spread kindness throughout your homes! Here are some things for you to look at/do for fun this week that could also help spread kindness!!

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Activity One & Two Below:



When you complete an act of kindness, put a check in the box. You do not have to do each activity exactly as written to check it off. You can change any square to a kind action that you thought of. Don't forget to share this challenge with your friends and family. If everyone took the challenge, what difference do you think it would make?

Kindness Challenge

B K I N D


Hold the door for someone	Let someone go in front of you in line	Do a chore for someone else	Read to a younger friend	Make a card for an older person
Set the dinner table without being asked	Pick up some trash in your neighborhood	Give someone a compliment	Smile at someone	Ask someone how their day went
Share your snack	Say hello to someone you don't know		Donate some food or old toys	Help carry the groceries inside
Play a game with a younger or older person	Ask a neighbor if you can do a chore for them	Make a card for a friend or relative	Pick up something someone dropped	Give someone a flower
Walk a dog	Say please and thank you at least 5 times today	Write a note for a sick child	Just sit and listen to someone tell you about themselves	Your Choice

Activity Two:

Name _____ Date _____

3 Acts of Kindness

Write about or draw 3 acts of kindness that you did. Tell about what happened.



Three large rectangular boxes for writing or drawing.

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