

Hey There **Kindness Warriors!** I hope you all are still showing and spreading Kindness! I miss you all so much, and I cannot wait to see you again!

Your Challenge this week is to complete the “Kindness Words” sheet below. I have also attached an example of how to do it! These are Goals as to how you would spread Kindness this week while using the Specific Words on the sheet!

Next, take a look at the “Kindness Quotes” Worksheet and under each quote, write down what you think that quote means! There are NO WRONG ANSWERS 😊

**GOAL:** To do each thing on your “Kindness Words” sheet this week AND to come up with you OWN Kindness Quote and SEND IT TO ME via School Status. You may need to ask for some help from your parents/guardians with this!

**ACTIVITIES BELOW:**

Name: Example

# Kindness Words

For each of the words, print an action sentence of kindness.

For example: **Share:** *I will share my books with my sisters and brothers and help them to read.*

Help: I will help my mom cook dinner.

Encourage: I will encourage my sister to do her best

Share: I will share my snack with my sibling.

Support: I will support my mom by offering to help around the house.

Thank: . . .

Give: . . .

Honest: . . .

Good Deed: . . .

Name: \_\_\_\_\_

# Kindness Words

For each of the words, print an action sentence of kindness.

For example: **Share:** *I will share my books with my sisters and brothers and help them to read.*

**Help:** \_\_\_\_\_

**Encourage:** \_\_\_\_\_

**Share:** \_\_\_\_\_

**Support:** \_\_\_\_\_

**Thank:** \_\_\_\_\_

**Give:** \_\_\_\_\_

**Honest:** \_\_\_\_\_

**Good Deed:** \_\_\_\_\_

Name: \_\_\_\_\_

# Kindness Quotes

Look at each quote about kindness. Write down whether or not you agree with the quote and explain what it means to you.

- 1 "No act of kindness, no matter how small, is ever wasted."  
—Aesop
- 2 "Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind."  
— Henry James
- 3 "Always stop to think whether your fun may be the cause of another's unhappiness."  
—Aesop
- 4 "If someone is too tired to give you a smile, leave one of your own, because no one needs a smile as much as those who have none to give."  
—Rabbi Sampson Raphael Hirsch
- 6 "Wherever there is a human being, there is an opportunity for kindness."  
—Seneca
- 7 "In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us."  
—Flora Edwards