

Kindness game

SEND A LETTER
TO SOMEONE
WHO MIGHT BE
LONELY

TUCK A NICE
NOTE ONTO
SOMEONE'S
WINDSHIELD

ASK SOMEONE
ABOUT THEIR
DAY AND
REALLY LISTEN

MOW A
NEIGHBOR'S
LAWN OR WEED
THEIR GARDEN

COUNT THE
WAYS YOU
LOVE SOMEONE
- TO THEM

MAKE ART FOR
SOMEONE YOU
DON'T KNOW

WALK A
NEIGHBOR'S
DOG - FOR
FREE!

MAKE DINNER
FOR YOUR
PARENT/S

CREATE YOUR
OWN KIND
DEED

DO SOMETHING
NICE FOR
YOURSELF

CLEAN THE
KITCHEN
WITHOUT
BEING ASKED

SEND A THANK
YOU CARD TO
YOUR TEACHER



Name: _____ Date: _____



A-Z of Kindness

Using each letter below as a guide, write down different ways that you can show kindness to others. Some examples could include, M-make someone tea, N-notice someone's good deed, O-offer to do someone's chores for them, etc.

A _____

N _____

B _____

O _____

C _____

P _____

D _____

Q _____

E _____

R _____

F _____

S _____

G _____

T _____

H _____

U _____

I _____

V _____

J _____

W _____

K _____

X _____

L _____

Y _____

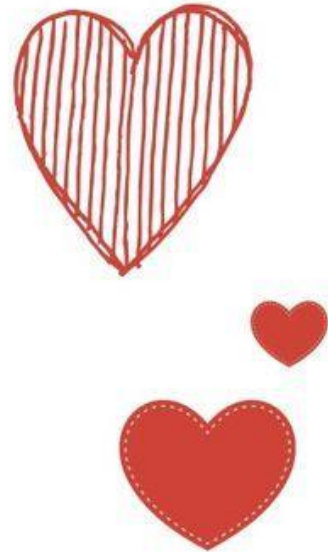
M _____

Z _____

20 ACTS OF KINDNESS

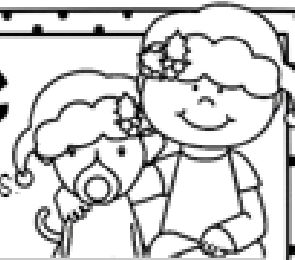
for siblings

*Read them a story
Help tidy their room
Let them go first
Make their bed
Say please and thankyou
Play their favorite game
Help with one of their chores
Help with their homework
Put their toys away
Get their coat
Do a jigsaw together
Tell each other jokes
Hug each other
Listen to your sibling
Make a snack for the other
Be patient with them
Say thankyou
Give them a compliment
Let them choose what to watch on TV
Be kinder than you need to be*



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Kindness Challenge



Ask your family to help you complete these activities.
Have them initial each activity as you complete it.

	Do a chore for someone in your family.
	Send a card to someone who lives far away.
	Donate old clothes or toys to a charity.
	Make cookies for someone. Make sure your parents help you!
	Make a list of all the things you love about someone in your family. Give it to them.
	Say "thank you" to someone who works at a store, restaurant or another place.
	Write a poem about someone in your family. Give it to them.
	Make a card for your teacher. Keep it safe until you go back to school.
	Call someone who lives far away. Make sure your parents help you!
	Make a homemade gift for someone and give it to them.
	Find old towels and blankets in your home, or make homemade dog treats. Deliver them to the animal shelter.
	Hold the door open for others for an entire day.