

Acts of



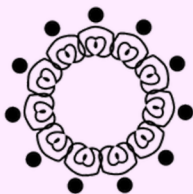
Kindness



Acts of Kindness

What You'll Need!

- **Paper or your sketchbook**
- **Pens, pencils, or markers**
- **A group or family**
- **An open heart!**



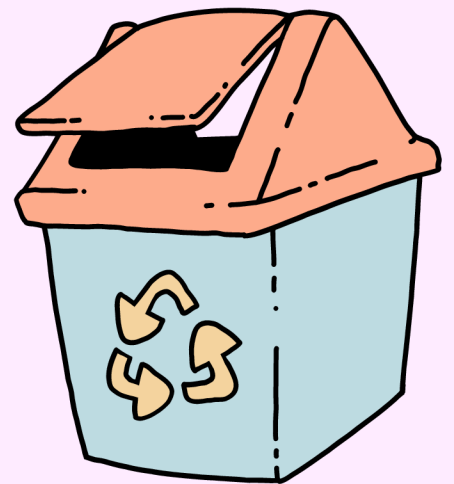
Acts of Kindness

Kindness can be shared in so many ways - big or small. This activity invites you to reflect on kindness and find simple ways to spread it in your home, school or community.

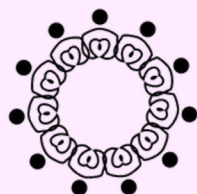
Share Your Kindness

Step 1: Talk about a time you did something kind or received kindness. How did it make you feel?

Step 2: Plan an act of kindness you can do as a group, with your family, or on your own. Choose from the ideas on the next sheet or come up with your own!



Kindness doesn't have to be big to matter - every little bit counts. What will you do today?



Acts of Kindness

IDEAS FOR SCHOOL

- Compliment 3 people
- Draw a picture and give it to someone
- Smile at 20 people
- Tell a joke and make someone laugh
- Design and gift a thank you card to a teacher
- Invite a new friend to play or hangout
- Offer to help your custodian
- Thank your bus driver
- Read a book to a younger child
- Stand up for someone in need.

IDEAS FOR HOME

- Recycle your trash
- Pick up 10 pieces of garbage in your neighbourhood
- Be kind to yourself and eat a healthy meal
- Design and gift a thank you card to a parent
- Listen to your parent the first time
- Help your parent with a task
- Donate toys, clothes or food to a charity or someone in need.
- Go through the day without complaining, only positive remarks



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

