



Kindness Matters.
 Complete as many acts of kindness as you can.
Have fun!

Acts of Kindness

Invite a new friend to play.

Smile at 25 people.

Make a wish for a child in another country.

Give your friend a High Five.

Compliment 5 people.

Be kind to yourself and eat a healthy snack.

Decorate 5 hearts and give them to friends.

Entertain someone with a happy dance.

Lend a pencil to a friend.

Help someone up if they fall down.

Thank someone who has helped you.

Create your own kind deed.



Your Name Here