

Choose Kindness Now

Kindness is a choice we can make over and over again. And every time we do, we make a difference to those around us. Use the step-by-step instructions below to choose kindness now!

1 CHOOSE your kind act.

Kind Acts Bank

- ☐ Ask someone to play
- ☐ Help someone in school
- ☐ Thank someone for something
- ☐ Draw a picture for someone
- ☐ Pick up litter or trash
- ☐ Smile at someone
- ☐ Help with a chore at home
- ☐ Go outside and enjoy nature
- ☐ Give someone a compliment
- ☐ Take a mindful moment for yourself

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2 PLAN your kind act.

Who will you do it for?

When will you do it?

Where will you do it?

3 DO your kind act!

4 OBSERVE what happened and how you feel.

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