

Little acts, big kindness

Name: _____ Date: _____

Choose an idea when it feels right. Draw a little mark in each box you try. Kindness is about caring, not collecting points.

☐ Help put something away.	☐ Say thank you to someone.	☐ Invite someone to join a game.
☐ Make a kind note or picture.	☐ Listen without interrupting.	☐ Share something with permission.
☐ Help care for a plant.	☐ Ask someone how they feel.	☐ Do one helpful thing together.

How did one of these acts make someone feel?
