

28 DAYS

of kindness



Create a kindness rock

Give someone a high five

Do an extra chore

Help clean up

YOUR CHOICE

Write someone a kind note

Compliment someone

Express gratitude for 5 awesome things

Say 5 positive things about yourself

Write your teacher a thank you note

YOUR CHOICE

Say please & thank you throughout the day

Offer help to a friend or loved one

Tell your grownup 5 things you love about them

YOUR CHOICE

Say something positive to the people around you

Do an extra chore

Draw a loved one a picture

Be a good listener throughout the day

YOUR CHOICE

Say please & thank you throughout the day

Write a thank you note to someone you love

Give someone a high five

Write down 5 positive things about yourself

YOUR CHOICE

Do an extra chore

Ask your grownup if you can help with anything

YOUR CHOICE

"If we all do one random act of kindness daily, we just might set the world in the right direction."
-Martin Kornfeld