

Kindness Week

Checklist

We challenge you to do 2 KIND THINGS FROM EACH LIST during Kindness Week and tick them off as you do them. Please take a photo or write a note about 4 things you did. This will be due Monday, November 17.

KINDNESS AT SCHOOL

- ☐ Compliment someone
- ☐ Give a friend a hug
- ☐ Include people in your game
- ☐ Put a nice note on someone's desk
- ☐ Help your teacher
- ☐ Give someone a turn
- ☐ Use your manners
- ☐ Help tidy your classroom
- ☐ Make a card for a teacher
- ☐ Talk to someone who looks lonely
- ☐ Say thank-you
- ☐

KINDNESS IN THE COMMUNITY

- ☐ Pick up trash when you see it
- ☐ Compliment 3 people
- ☐ Smile at 3 people
- ☐ Hold a door open for someone
- ☐ Say hello to your neighbors
- ☐ Write an encouraging note to a friend
- ☐ Make someone smile
- ☐

KINDNESS AT HOME

- ☐ Do a job without being asked
- ☐ Put your things away
- ☐ Clean your parent's car
- ☐ Take out the trash
- ☐ Help cook dinner
- ☐ Help with the laundry
- ☐ Ask before you use someone's things
- ☐ Play nicely with your siblings
- ☐