SPREAD SOME SUNSHINE

Kindness Challenge

Every time you finish a kind act, **color in the heart!** How many can you do?

Name: _____ **Start date:** _____

1 Hold the door open for someone	2 Give someone a compliment	3 Do a favor without being asked	4 Say thank you to a helper, like a teacher or bus driver
5 Share a snack or a toy	6 Invite someone new to play with you	7 Help clean up, even if it's not your mess	8 Draw a picture for someone special
9 Write a kind note and give it away	10 Smile and say hi to 5 people	11 Help with a chore at home	12 Let someone go first in line
13 Call or video chat a grandparent or relative	14 Cheer on a friend who is trying something hard	15 Pick up litter (with a grown-up)	16 Say something nice about yourself!

The kindest thing I did was...

_____

_____

_____

Being kind made me feel...

Happy Proud Calm

I did ____ out of 16!

WHERE IS SANTA?

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