

MY KINDNESS TRACKER

Little acts of kindness
can make a BIG difference!

Each day, do something kind.
Draw or write about it in the heart!



What kind thing
did you do?



What kind thing
did you do?



What kind thing
did you do?



What kind thing
did you do?



What kind thing
did you do?



What kind thing
did you do?



What kind thing
did you do?

Here are some ways to be kind:



Help
someone



Include
someone



Give a
compliment



Share



Listen



Encourage
someone



Do something
kind without
being asked



This week,
I helped grow
a kinder world!

