




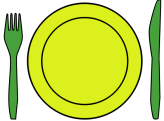






RANDOM ACTS OF KINDNESS FOR KIDS



 <p>Ask someone how they are today</p>	<p>WATER THE PLANTS</p> 	<p>Donate one of your toys or books</p>	<p>Give a friend a hug</p> 
<p>Smile at someone</p> 	<p>Tidy up your things without being asked</p>	<p>Make a thank-you card for someone</p> 	<p>LET A SIBLING OR FRIEND GO FIRST</p>
<p>Say sorry if you did something wrong, and ask how you can help make it better</p>	<p>Help set the table for dinner</p> 	<p>ASK IF YOU CAN HELP WITH A HOUSEHOLD CHORE</p>	<p>Give someone a flower</p> 
<p>Draw a picture for a friend</p> 	<p>Share something with a friend</p>	 <p>Play with someone new</p>	<p>Say 3 things you are grateful for</p> 

★ Once your child has completed a task, mark it off on the block. ★