

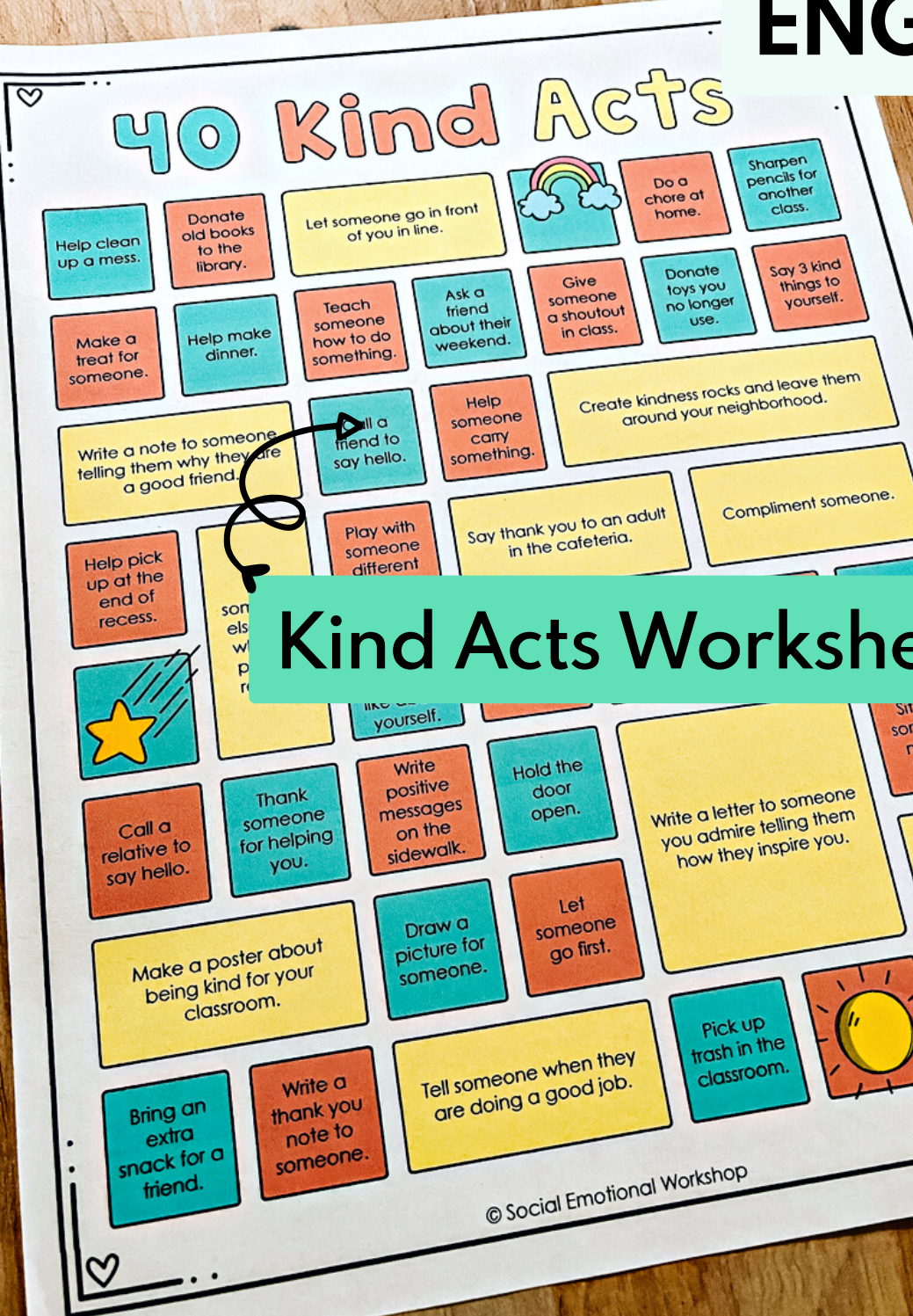
# Kindness Activities

## Easy ways to encourage kindness





# ENGAGING MATERIALS

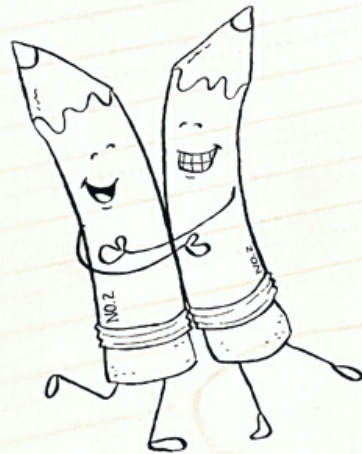


Kind Acts Worksheet



Display the Choose Kind Paper Chain

Name: \_\_\_\_\_



# My Kindness Journal

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## Student Reflection Journal

My Kindness Journal

Date \_\_\_\_\_

What was something kind you did for someone else this week?

How do you think he or she felt?

How did you feel?

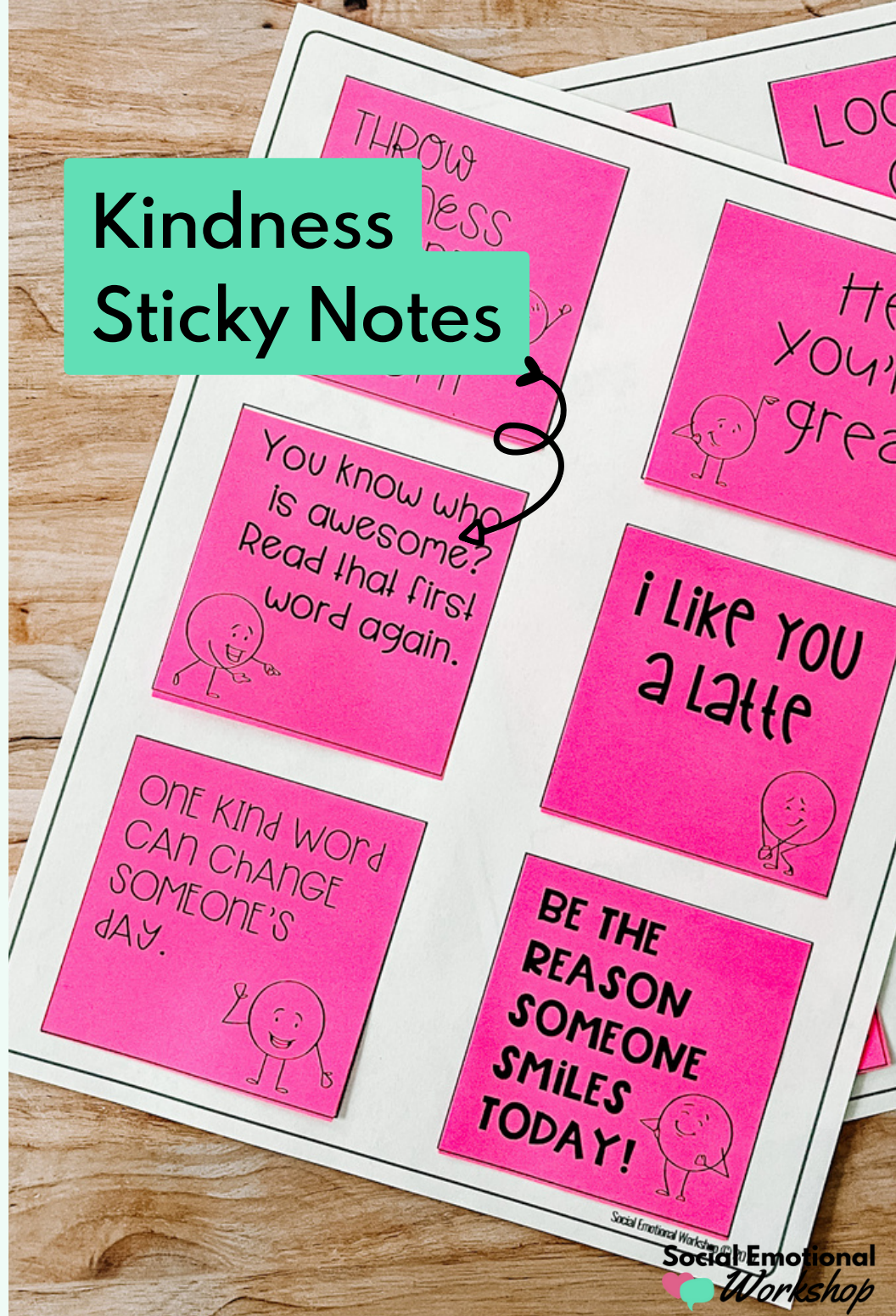
Something kind you can do tomorrow.

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# Kindness Punch Cards



# Kindness Sticky Notes



Thanks

Thanks a Bunch!  
Mr. Cage



For keeping  
me safe

**Thank You Notes**

Helping  
when  
someone is  
sick.

making  
the floors  
sparkly



