

KINDNESS CHECKLIST

- | | |
|---|--|
| <input type="checkbox"/> I made a teacher a thank you note | <input type="checkbox"/> I donated a new or used book to a library |
| <input type="checkbox"/> I gave someone a compliment I created a positive affirmation for myself | <input type="checkbox"/> I made a card for a friend |
| <input type="checkbox"/> I offered a hug to a friend or family member | <input type="checkbox"/> I sent a thoughtful text message to brighten someone's day |
| <input type="checkbox"/> I made a meal for someone (or helped my family prepare a meal) | <input type="checkbox"/> I called a friend or family member to ask about their day |
| <input type="checkbox"/> I held the door for someone behind me | <input type="checkbox"/> I wrote a kind note for a school employee I made someone smile |
| <input type="checkbox"/> I donated to an organization that I care about (time, money, other) or helped a person in need | <input type="checkbox"/> I made an effort to say please and thank you |
| <input type="checkbox"/> I initiated a new friendship (talked to someone I don't normally hang out with) | <input type="checkbox"/> I used my reusable water bottle |
| <input type="checkbox"/> I wrote myself a kind note | <input type="checkbox"/> I turned off the water while brushing my teeth |
| <input type="checkbox"/> I left a place cleaner than I found it | <input type="checkbox"/> I cleaned up a mess that wasn't mine |
| <input type="checkbox"/> I turned off the water while brushing my teeth | <input type="checkbox"/> I sent loving intentions to a friend or family member |
| <input type="checkbox"/> I let someone go in front of me in line | <input type="checkbox"/> I went through my clothes/belongings to donate things that I don't wear/use anymore |

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