

K is for kindness ACT

Be kind to a neighbor:
Bake some cookies for one
of your neighbors to
brighten their day.

K is for kindness ACT

Be kind to a nursing home:
Color seasonal coloring
sheets and drop them off at a
nursing home. You don't
have to know someone; the
nurses will share them.

K is for kindness ACT

Be kind to a stranger:
Smile! When you are out
and about with your family
and friends, smile at
people!

K is for kindness ACT

Be kind to a family member:
Choose one person in your
family and do something
nice for them such as doing
their chores or helping them
with a project.

K is for kindness ACT

Be kind to a pet: Outside your
home, place a bowl of water
on the sidewalk for pets
passing by. They get thirsty
on their walks!

K is for kindness ACT

Be kind to a special adult:
Ask a parent or caregiver
to read a book to you.

K is for kindness ACT

Be kind to a friend: Invite a
friend over for a playdate.
Let them choose the
activity they would like to
do with you.

K is for kindness ACT

Be kind to your pastor:
Stop by your church and
put some candy or a card
in your pastor's work
mailbox in the church
office.

K is for kindness ACT

Be kind to the local fire
department: Write a thank
you letter to your local fire
department. Thank them for
their service, courage and
being brave. You can either
mail it or drop it off.

K is for Kindness Act

Be kind to creation: Take a walk in your neighborhood and pick up trash or clear a storm drain.

K is for Kindness Act

Be kind to a distant relative: With permission from your parent or caregiver to call a relative that lives far away from you.

K is for Kindness Act

Be kind to the Person Behind You in the Drive Thru Line: Pay it forward! Ask the drive thru cashier if you can pay for the order behind you as a kindness gesture.