



Acts of Kindness

In celebration of the holiday season, please choose one or two acts of kindness to do each day this week. Record your acts of kindness in the log below.

Some suggestions:

- Donate clothes or toys to a local charity organization (ie. Salvation Army)
- Donate food to the needy
- Give someone in your family a compliment
- Help mom or dad with chores around the house
- Make a holiday card for a friend or family member
- Give someone a hug
- Give a friend a compliment
- Cheer someone up
- Help a younger sibling with his/her homework
- Write a letter to a family member telling them how much you appreciate him/her
- Give yourself a compliment
- Play a game with a family member



	Act of Kindness
Monday	
Tuesday	
Wednesday	
Thursday	

Parent Signature _____

"Kindness is a language that the deaf can hear and the blind can see." - Mark Twain