

kindness tracker



Some ideas for you to try to spread kindness:

1. Give someone a hug
2. Call a friend or relative
3. Give a compliment
4. Do someone else's chore
5. Bake cookies for your family
6. Write a thank you note
7. Help weed for someone
8. Ask someone how they are doing
9. Go through your toys or books and donate them
10. Save change and give it to a good cause.
11. Clean your room
12. Tell someone why you are thankful for them.
13. Leave a little handmade gift on someone's front door.
14. Wake up early and make breakfast for the family.
15. Go to someone's sports game and cheer them on.
16. Leave water bottles for your post person.
17. Leave fun bookmarks at the library.
18. Forgive easily