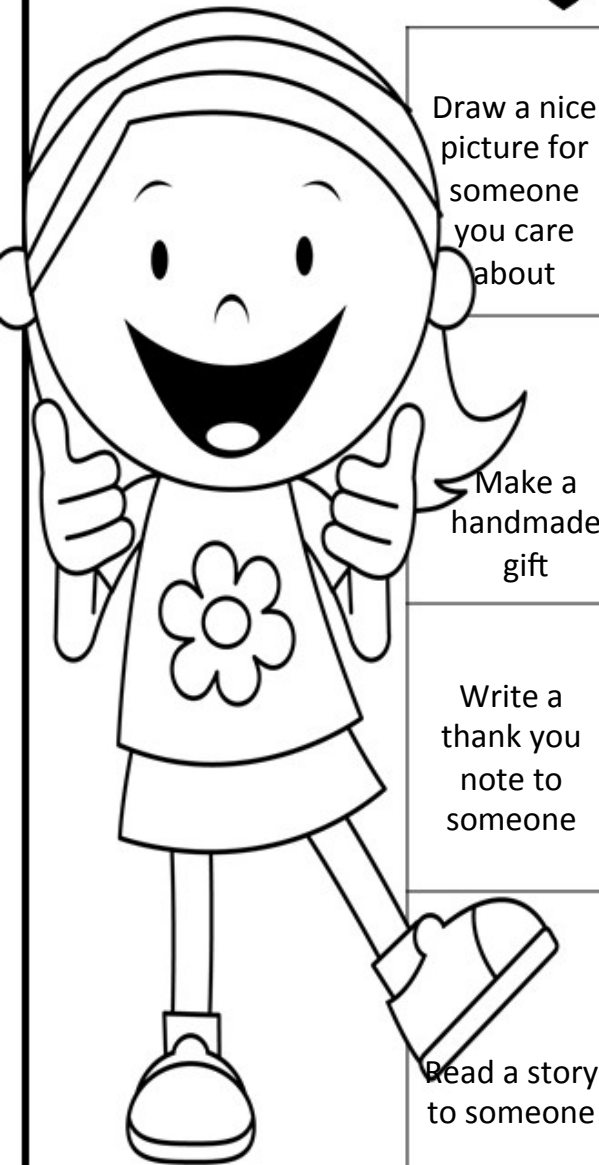


# 28 Day KINDNESS CHALLENGE

♥ Color in each box as you complete each act of kindness. ♥



Draw a nice picture for someone you care about	Give someone a compliment	Give someone a flower	Make someone smile or laugh	Help out someone in your family	Pick up a piece of rubbish you see and put it in the bin	Gather up toys or donate
Make a handmade gift	Do something nice for someone	Give someone in your house a hug	Ask a family member how their day is going	Draw a nice picture for someone	Tell someone how much they mean to you	Help tidy up around the house
Write a thank you note to someone	Make someone breakfast	Choose your own act of kindness	Smile and hello to someone you walk past or see	Say thank you to someone	Do something nice for a family member	Use kind words
Read a story to someone	Hold the door for a family member	Smile at everyone you see	Help mum or dad in the kitchen.	Share your toys or take turns with others	Make a nice card for a friend	Write a thank you letter to someone you love