

Lovell's "12 Fun Kindness Ideas to Celebrate Random Acts of Kindness Day"

How Many Can You Complete?

1. Compliment the first three people you talk to today. _____
2. Hold the door open for the person behind you. _____
3. Write a "Thank You" note to three classmates. _____
4. Make a new friend. _____
5. Invite a classmate to play with you at recess. _____
6. Help clean up the classroom. _____
7. Help with chores at home. _____
8. Create a "Thank You" card for first responders. (Doctors, Nurses, Law Enforcement officers, Paramedics, EMT's and Firefighters). _____
9. Create 10 paper hearts, place them in a box, then on each cutout, write something that is special about your teacher. Give your teacher the box and tell them to pull out a heart anytime they need a pick-me-up. _____
10. Everyone is important. Learn the names of the trusted adults at your school (custodians, cafeteria staff, front office staff, coaches, teacher, and your classmates) begin to greet them by name. _____
11. Write a note to a former teacher who made a difference in your life. _____
12. When you hear that discouraging voice in your head, tell yourself something positive — you deserve kindness too! **"I am Smart, I am Kind, I am beautiful, I'm a winner, I can do it"**. _____