



Random



Act

of



Kindness

Choose a random act of kindness to do everyday.

Write this on the line next to the day you did it.

 said kind words	 tidied up	 helped someone	 gave a hug	 said thank you
 help make dinner	 made someone laugh	 made someone smile	 made my bed	 helped with the washing
 told a joke	 read a story	 lay the table	 did some cleaning	 had kind hands

On Monday I _____

On Tuesday I _____

On Wednesday I _____

On Thursday I _____

On Friday I _____