

Name: _____

Kindness Checklist

- Genuinely smiled at _____ people today.
- Offered my friend a _____
- Thanked _____ for _____

- Shared _____ with _____
- Offered to _____
- Helped _____ to _____

- Held the door for _____
- Helped _____ tidy _____

- Gave a sincere compliment to _____

- Gave thanks to _____ for _____

- A good deed I did that I'm proud of was _____
