

KINDNESS JOURNEY

A Family Record of Small Wonders

Family Name: _____

Month: _____

DONE ACT OF KINDNESS

PARTICIPANT(S)

Left a thank you note for the mail carrier

Donated gently used toys or clothes

Prepared a meal for a neighbor

Complimented a stranger

Picked up litter at a local park

Called a relative just to say hello

Planted something for the environment

"No act of kindness, no matter how small, is ever wasted."