

KINDNESS AT HOME

Small acts, big impact.

WEEK OF: _____ GOAL: _____ ACTS OF KINDNESS

DONE **ACT OF KINDNESS**

RECIPIENT

Help with a chore without being asked

Give a sincere compliment

Leave a positive note for someone

Listen without interrupting

Share a favorite snack or toy

Help prepare a meal

Clean up a mess I didn't make

Reflections and Observations...