

KINDNESS TRACKER

Name: _____ Week Of: _____

ACT OF KINDNESS

POINTS

COMPLETED

Helping with a household chore without being asked

10 pts

Sharing a toy or treat with someone else

5 pts

Giving a sincere compliment to a friend or family member

5 pts

Writing a "Thank You" note to someone

15 pts

Picking up litter in the neighborhood or park

10 pts

Offering to help carry something heavy

5 pts

GOAL & REWARD

Total Points Needed: _____ | Earned Reward: _____

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