Little Acts of Kindness

Choose one idea if it feels right. You may adapt, skip or invent your own.

Thank someone

Name one thing you appreciated.

My idea:

_____

_____

Offer to help

Ask what would be useful.

My idea:

_____

_____

Invite someone to join

Let them choose whether to play.

My idea:

_____

_____

Share a kind message

Draw or write something encouraging.

My idea:

_____

_____

Care for a shared space

Put away supplies you used.

My idea:

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_____

Listen with attention

Give someone time to finish speaking.

My idea:

_____

_____