

Name: \_\_\_\_\_

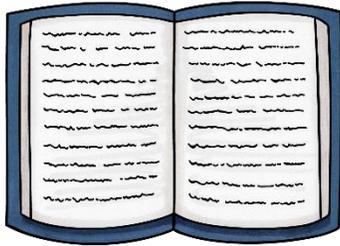
Date: \_\_\_\_\_

# • Kindness & Compassion •

Directions: Complete the tasks. Record each completed task in your log, journal, or another sheet of paper.

#1

Write your own story or comic about someone who showed kindness to others.



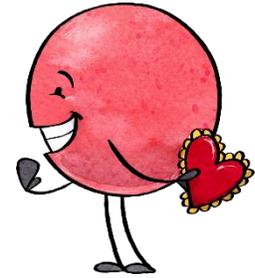
#2

Self-love and self-compassion are also important! List 5 ways you can be kind to yourself.



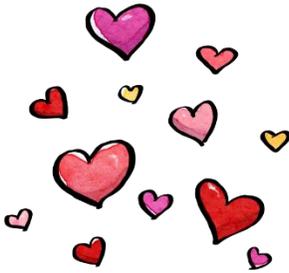
#3

Do something kind for someone. Write about how it made them (and you) feel!



#4

Make a list of 15 kind things you can do for others.



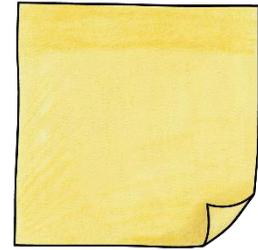
#5

Draw a picture of a time someone was especially kind to you. Think about how it made you feel.



#6

Write a kind note or letter to someone else and give it to them.



#7

Spend time today helping someone in need. Summarize what you did and how you helped.



#8

What are some positive things you can say to others to lift them up?



#9

Start a chain reaction! Be kind to someone else and encourage them to pass it on!

