

Name \_\_\_\_\_

# Acts of Kindness

## Directions:

Think about kind things that others have done for you, and kind things you can do for others. Answer the questions by writing your thoughts in the spaces provided. Kindness makes everyone feel good!

What's an act of kindness that someone has done for you?

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How do you feel when someone does something kind for you?

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What's an act of kindness that you did for someone else?

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How do you feel when you do something kind for others?

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What are some kind words that someone has said to you recently?

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What are some kind words you can say to someone who's upset?

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What is something you can do today to show kindness at home?

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What is something kind that you could do for someone this week?

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