






NAME AND CLASS: _____

K	I	N	D	
K1 Give someone in your family a hug	I11 Ask a friend how they are feeling today	N21 Do something kind for someone in another grade	D31 Compliment someone	 41 Draw a picture for a friend
K2 Draw a picture for your teacher	I12 Practice good listening	N22 FREE	D32 Help a teacher with something	 42 Thank God for three things
K3 Thank the caretaker	I13 Do something nice for a friend	N23 Play with someone new at recess	D33 Pray for someone	 43 Help to clean up your classroom
K4 Say hello to someone you don't know in the hallway	I14 Do something nice for someone in your family	N24 Create a kind poster and hang it around the school	D34 Be kind to your brain and body by playing outside	 44 Tell someone you appreciate them

Rebecca St. Louis 2021

K1: Who did you hug?

D32: What did you help a teacher with?

K2: What did you draw?

I14: What did you thank God for?

D33: Who did you pray for?


K3: What did Mr. Somersgill say?

N21: What did you do for that person?

D34: What did you do outside?


K4: Did you say hi to an adult or a student?

N22: What was your free choice kindness activity?

 **41**: Who did you give the note to?


I11: How was your friend feeling?

N23: What did you play with the new person?

 **42**: What did you do for that member of your family?


I12: Who did you listen to?

N24: Where did you hang the kind poster?






 **43**: When did you help clean up?

I13: What did you do?

D31: What did you compliment that person on?

 **44**: Who did you tell you appreciate them?

NAME AND CLASS: _____

K	I	N	D	
K1 Go for a walk, listen to some music, or do something else you enjoy.	I11 Ask a friend how they are feeling today	N21 Do something kind for someone in another grade	D31 Ask a classmate how their weekend was	 41 Write a kind note or draw a picture for a friend
K2 Give a kind note to an adult at school	I12 Hold the door open for someone	N22 FREE	D32 Help a teacher with something	 42 Help someone in your family
K3 Thank the caretaker	I13 Do something nice for a friend	N23 Compliment someone	D33 Pray for someone	 43 Help to clean up your classroom
K4 Say hello to someone you don't know in the hallway	I14 Write down three things you are grateful for	N24 Create a kind poster and hang it in your classroom or the hallway	D34 Be kind to your brain and body by exercising	 44 Tell someone you appreciate them

Rebecca St. Louis 2021

K1: What did you do for self-kindness?

I13: What did you do?

D32: What did you help a teacher with?

K2: Who did you give a note to?

I14: What are you grateful for?

D33: Who did you pray for?


K3: What did Mr. Somersgill say?

N21: What did you do for that person?


D34: What did you do for exercise?

K4: Did you say hi to an adult or a student?

N22: What was your free choice kindness activity?


 41: Who did you give the note to?

N23: Who did you compliment?

 42: What did you do for that member of your family?


I11: How was your friend feeling?

N24: Where did you hang the kind poster?

 43: When did you help clean up?

I12: When did you hold the door?

D31: Who did you ask?

 44: Who did you tell you appreciate them?