

THANK YOU

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Write Positive Notes

Leave uplifting messages on sticky notes and place them in unexpected places, such as lockers, desks, or bathroom mirrors, for others to find.

Compliment Day

Set aside a day where everyone in school gives at least one genuine compliment to someone else. This will create a positive atmosphere and boost self-esteem.

Thank You Cards for Teachers

Write personalized thank-you cards for teachers and staff members to express appreciation for their hard work and dedication.

Bake Sale for Charity

Organize a bake sale and donate the proceeds to a local charity or organization in need.

Donate Books

Collect gently used books and donate them to a local library, children's hospital, or community center.

Write Letters to Seniors

Write letters or cards to seniors in nursing homes or assisted living facilities to brighten their day.

Create Care Packages

Put together care packages with essential items and snacks for individuals experiencing homelessness or struggling financially.

Offer to Help a Classmate

Offer to help a classmate with homework, studying for a test, or completing a project.

Leave a Surprise in a Textbook

Slip a positive or uplifting note inside a classmate's textbook or notebook for them to discover during class.

Organize a Classroom Clean-Up

Coordinate a classroom clean-up session where students work together to tidy up the classroom and organize supplies.

Create Friendship Bracelets

Make friendship bracelets and give them to classmates as a token of friendship and appreciation.

Start a Positive Quote Board

Create a bulletin board where students can write and display their favorite positive quotes or affirmations for inspiration.

Say Thank You to School Staff

Take the time to thank school staff members such as custodians, cafeteria workers, or office staff for their hard work and dedication.

Create a Kindness Jar

Set up a kindness jar in the classroom where students can write down acts of kindness they receive or witness, and then read them aloud as a class.

Give a Hug or High-Five

Offer hugs or high-fives to classmates who may need a little extra support or encouragement.

Start a Pen Pal Program

Initiate a pen pal program where students can exchange letters or emails with students from another school or community, fostering connections and friendships.

Help Someone Carry Their Books

Offer to help a classmate carry their books or belongings if you see they're struggling.

Be Kind to Yourself

Remember to be kind to yourself and practice self-compassion, especially if you make a mistake or are feeling overwhelmed.

Offer to Help a Teacher

Volunteer to help a teacher with classroom tasks such as erasing the whiteboard, passing out papers, or organizing materials.

Invite a Classmate to Join Your Game

Invite a classmate who may be sitting out or feeling left out to join in on a game or activity during recess or physical education class.

Donate Food to a Food Bank

Gather non-perishable food items and donate them to a local food bank to help those in need.

Write a Thank-You Letter to a Local Hero

Write a thank-you letter to a local hero, such as a firefighter, police officer, or healthcare worker, to show appreciation for their service.

Make Someone Laugh

Tell a joke or share a funny story with a friend or family member to make them laugh and brighten their day.

Donate Pet Supplies


Gather pet food, toys, or blankets and donate them to a local animal shelter to help animals in need.

Carry out a random
act of kindness
with no
expectation of
reward, safe in the
knowledge that one
day someone might
do for the same for
you.

-Princess Diana



**JUST
BE
FRIEND**



Kindness is the
language in
which the deaf
can hear and
the blind can
see.

-Mark Twain

WE RISE
BY
LIFTING
OTHERS

PREVIEW

-Robert Ingersoll



When you are

KIND

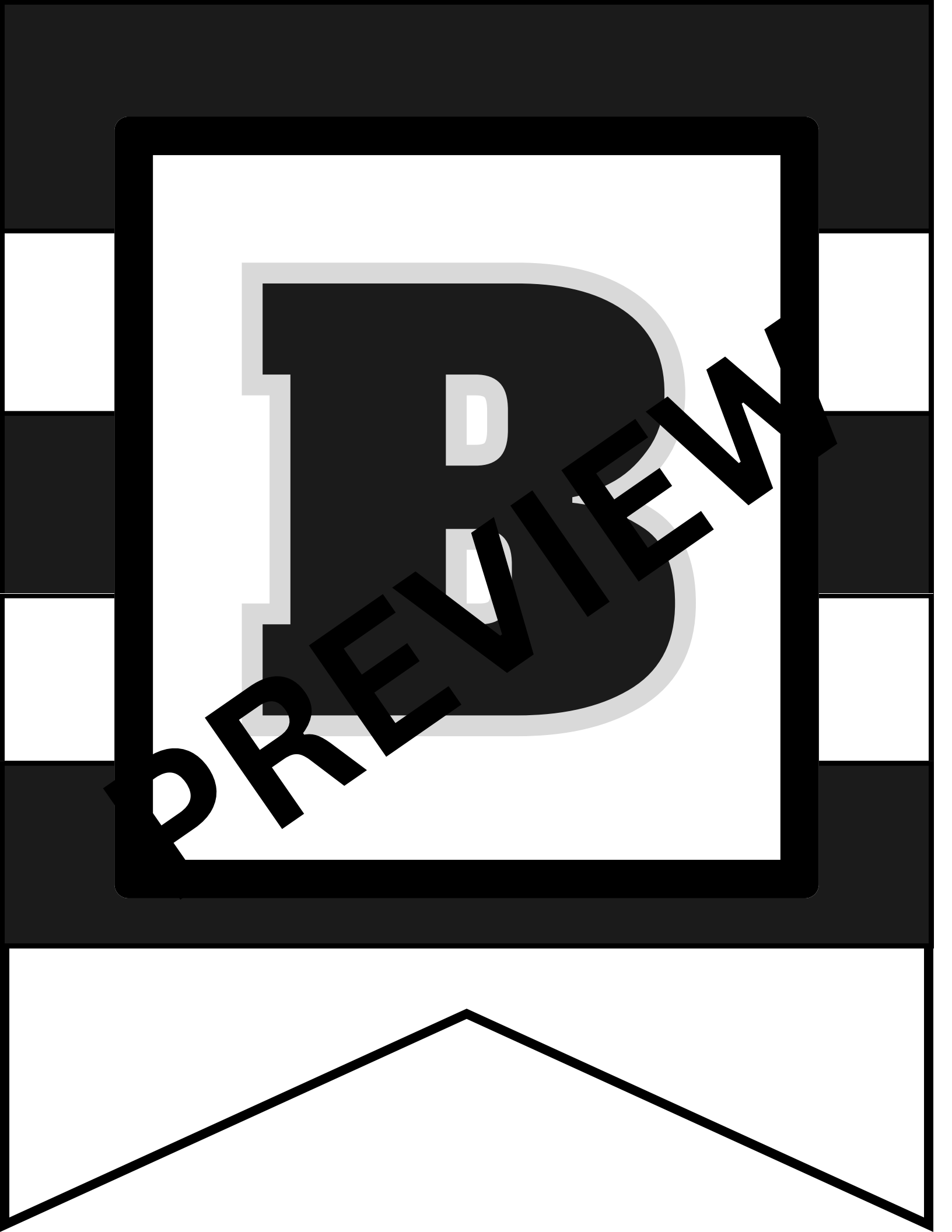
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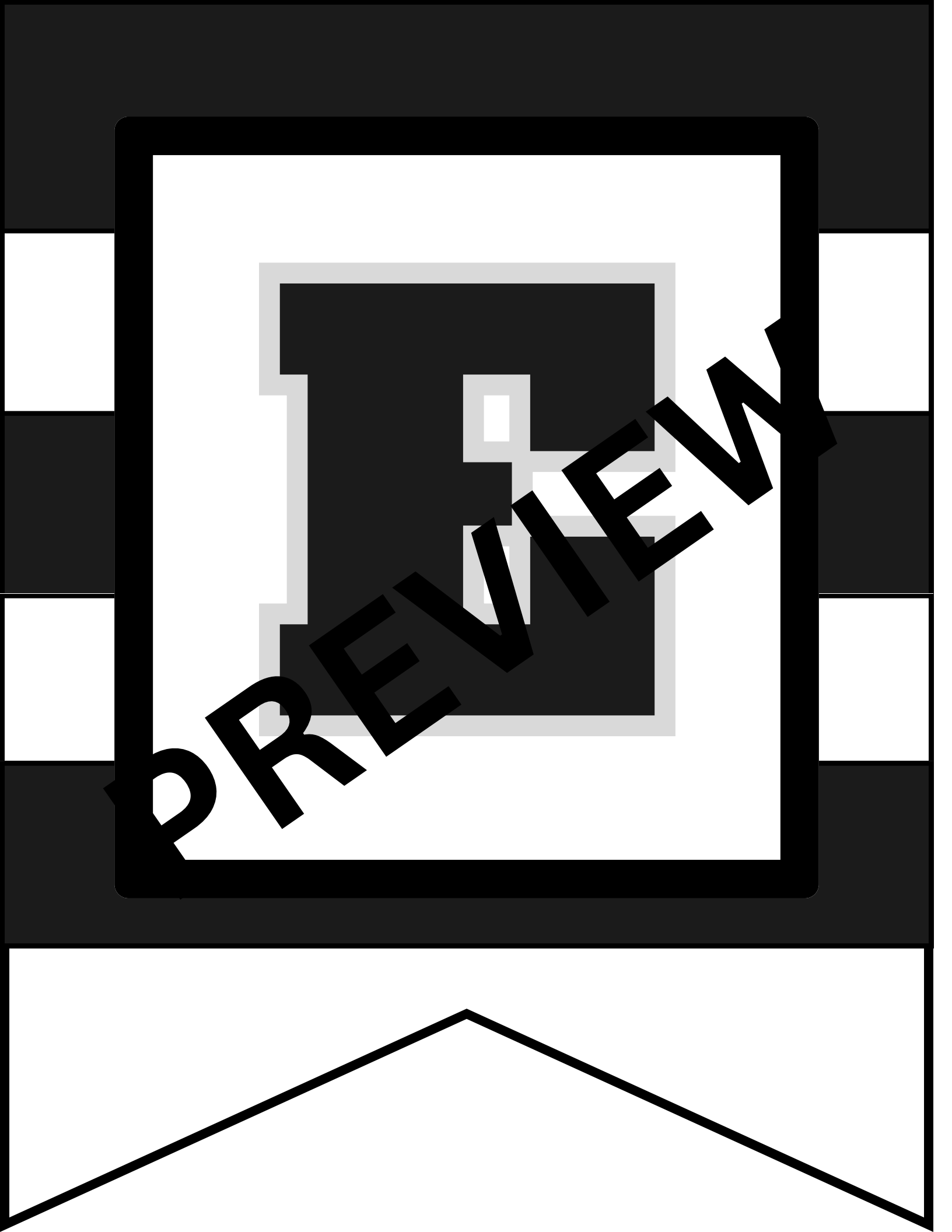
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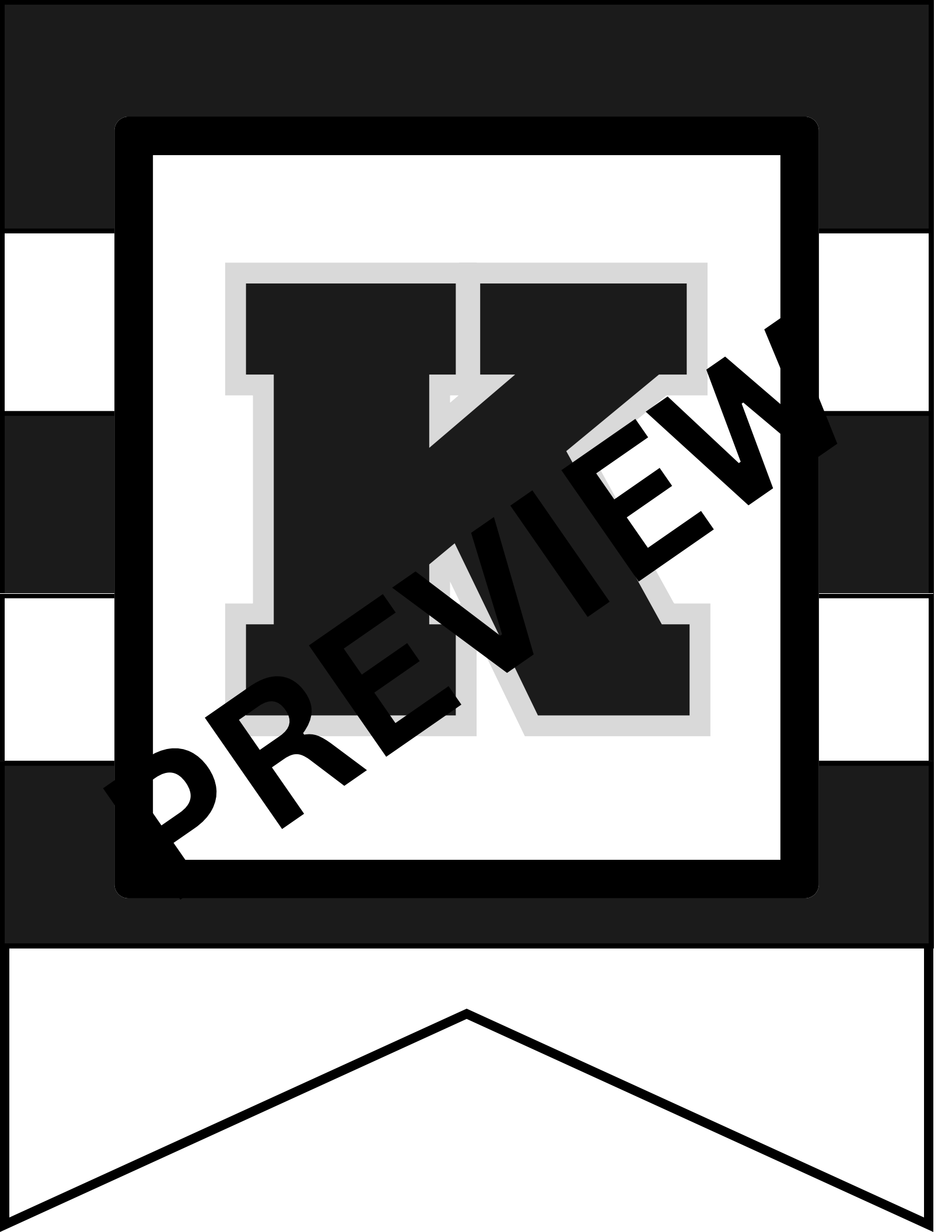
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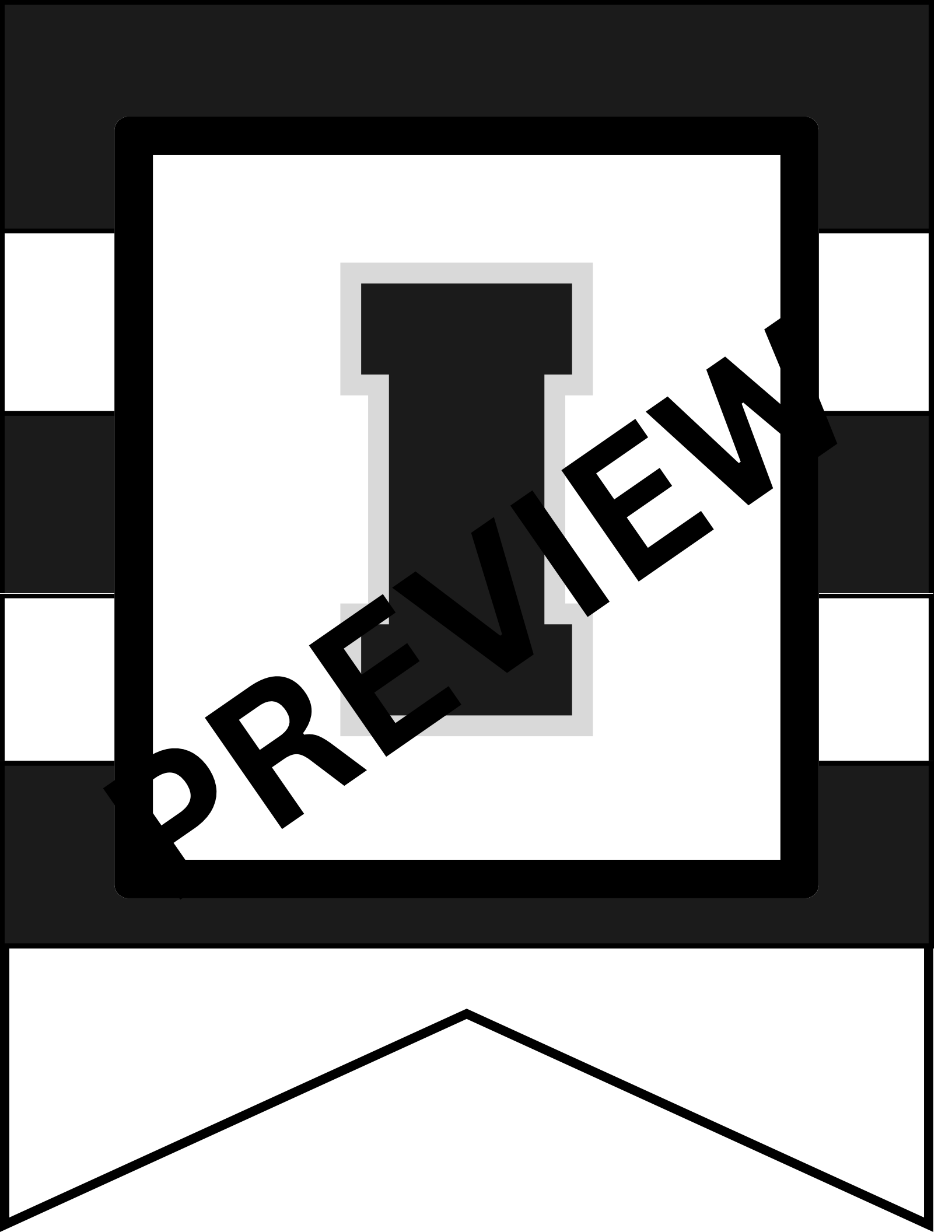
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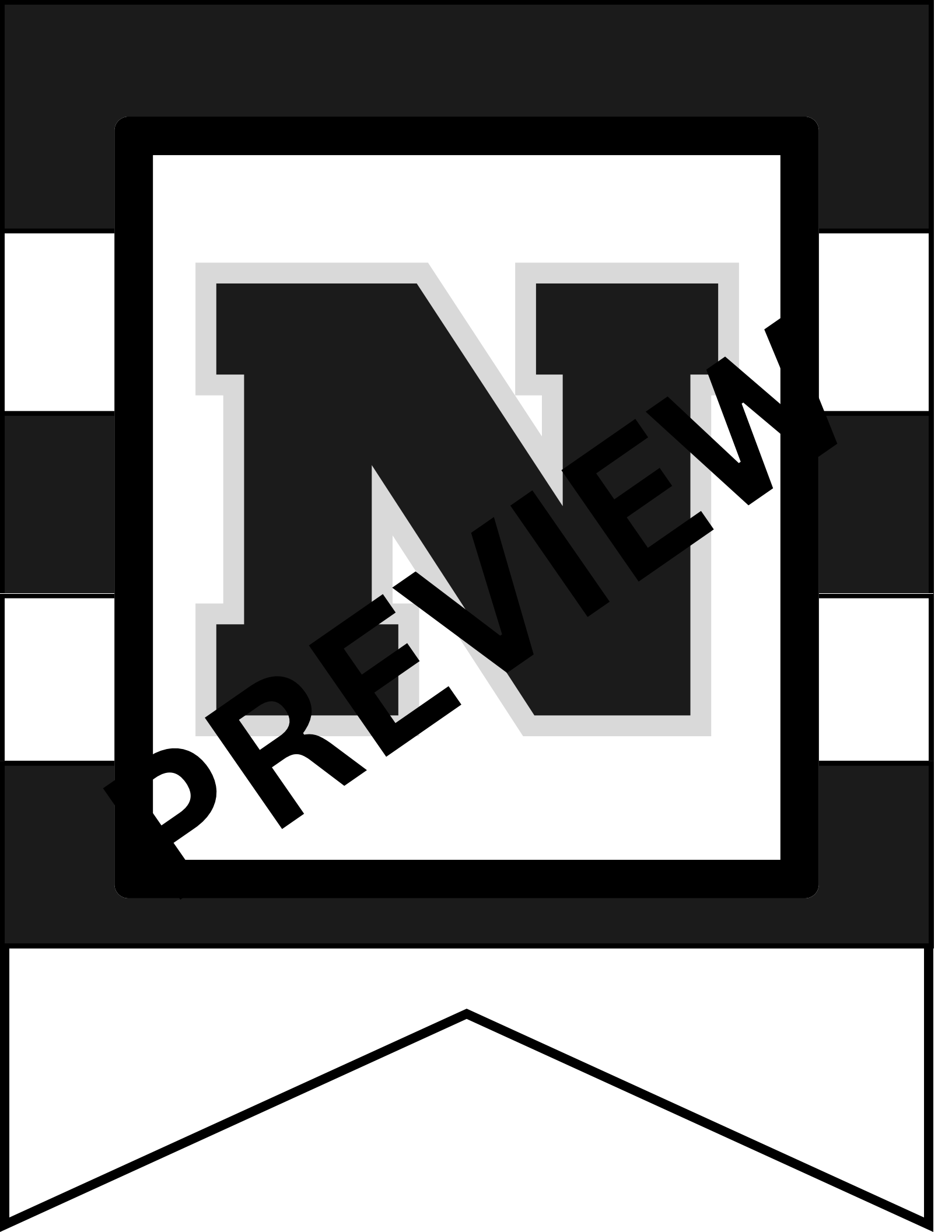
-Harold Kushner

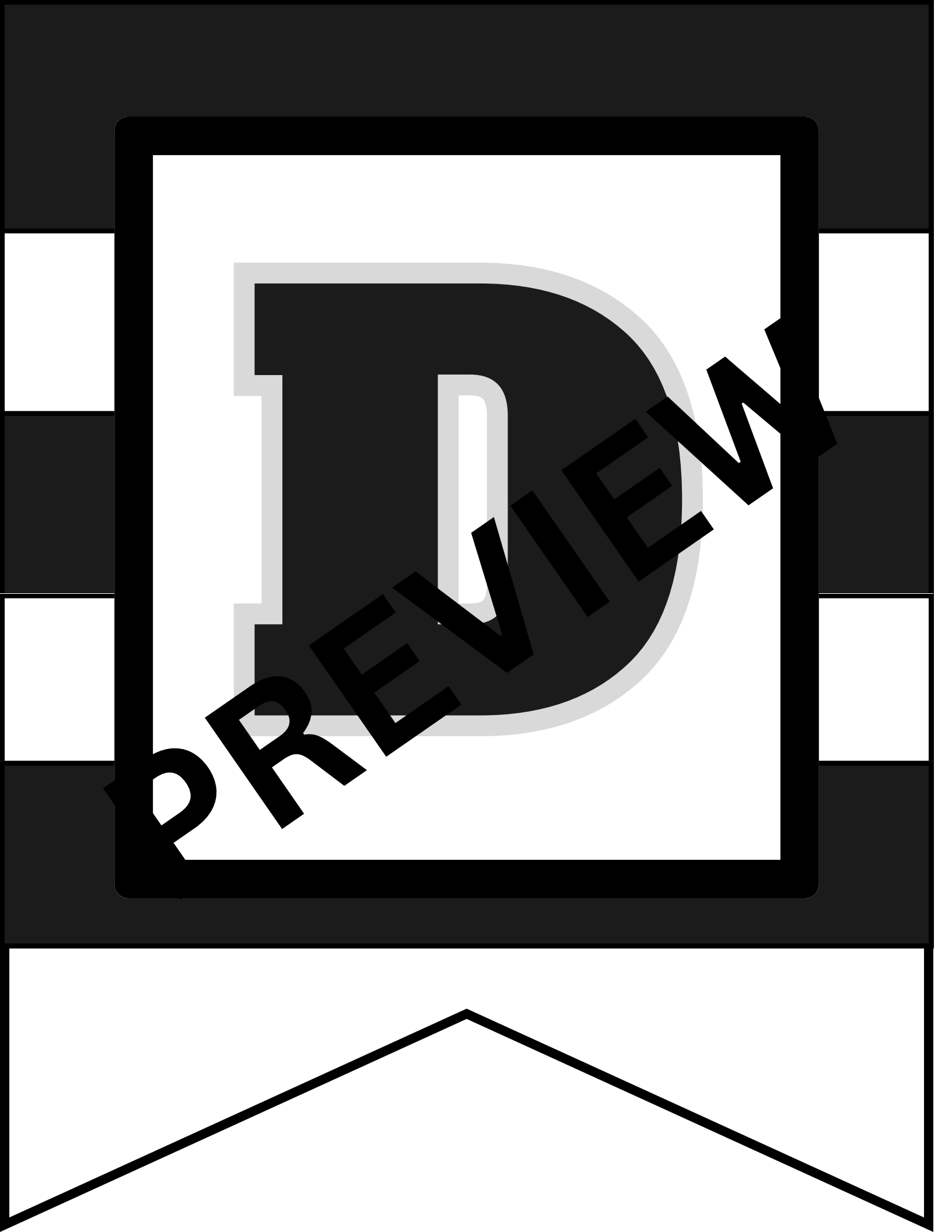


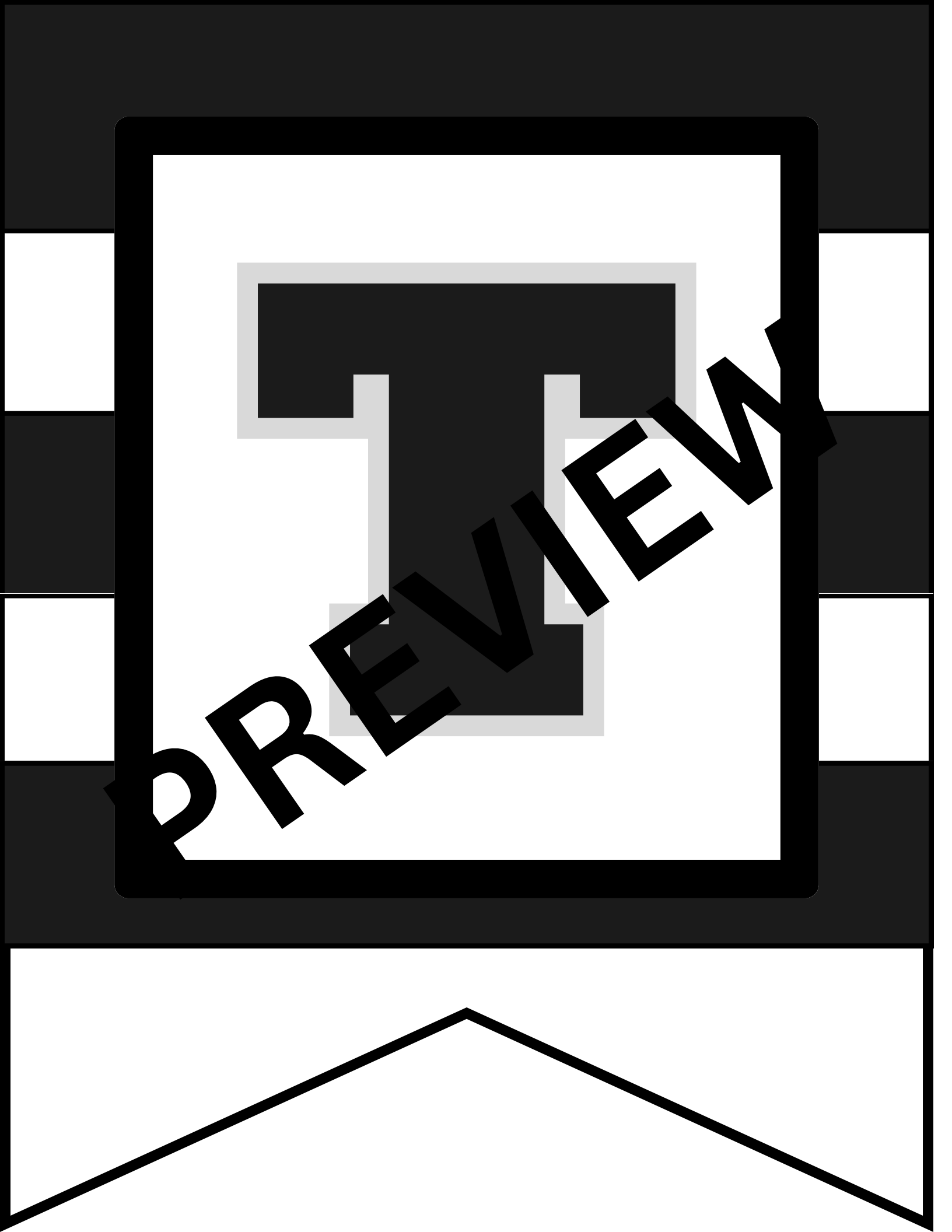


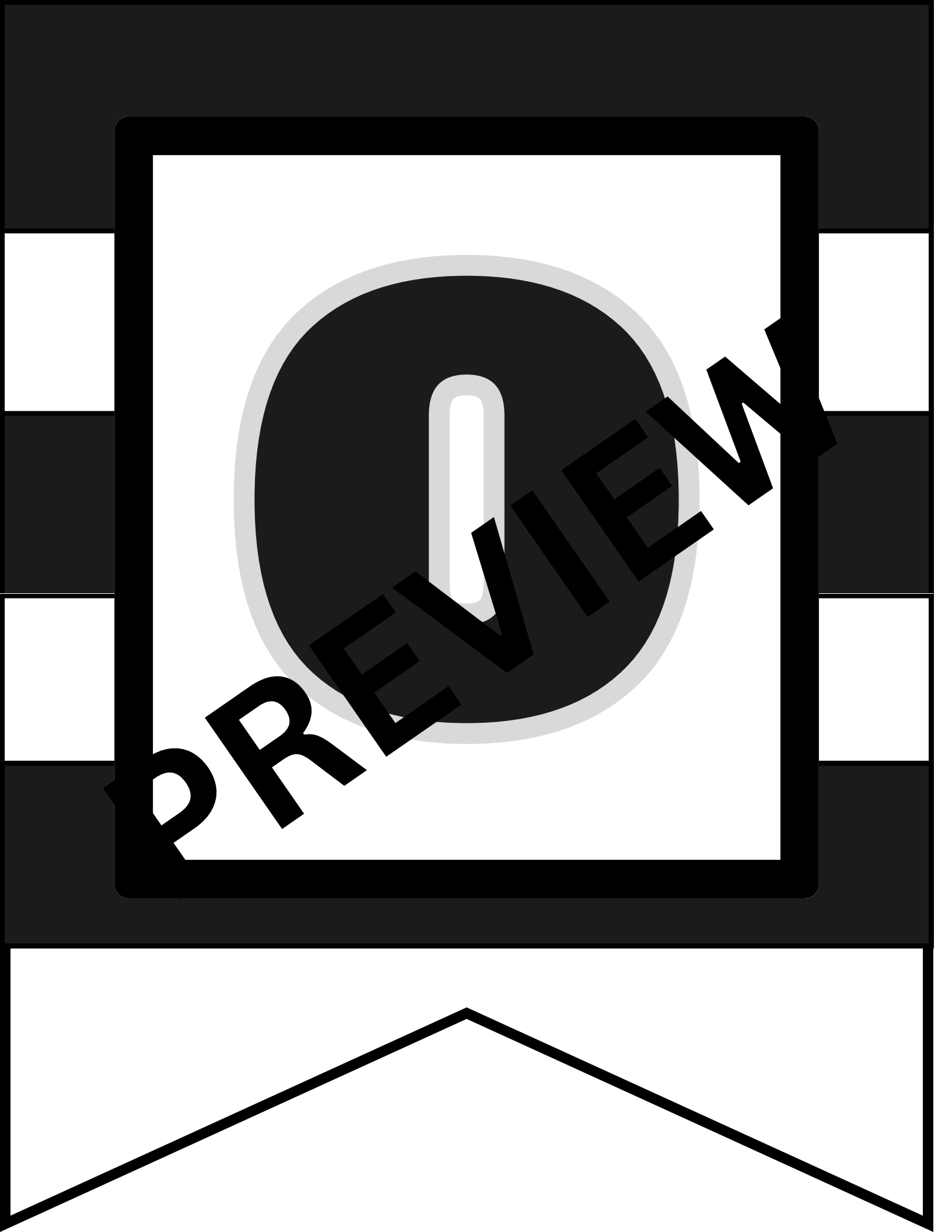


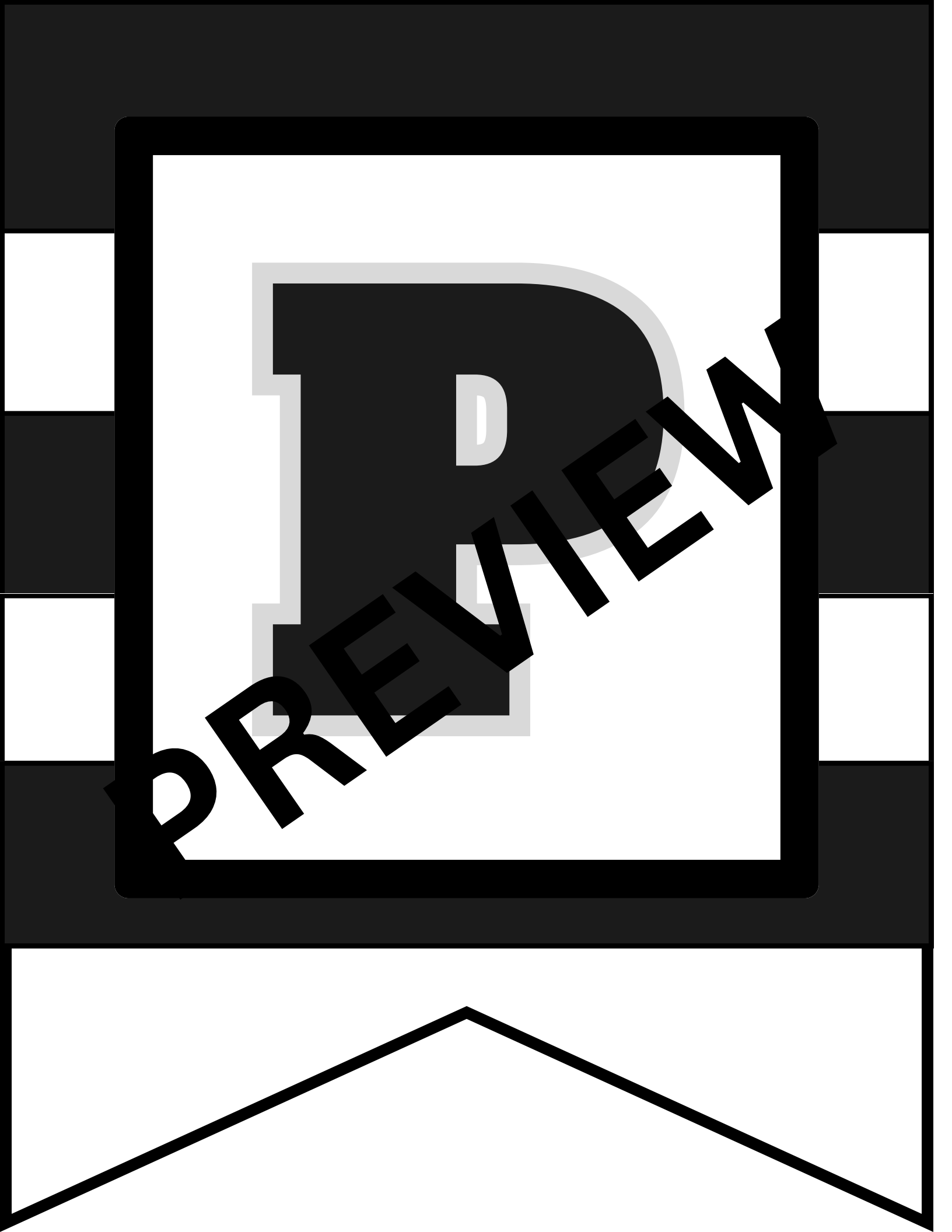


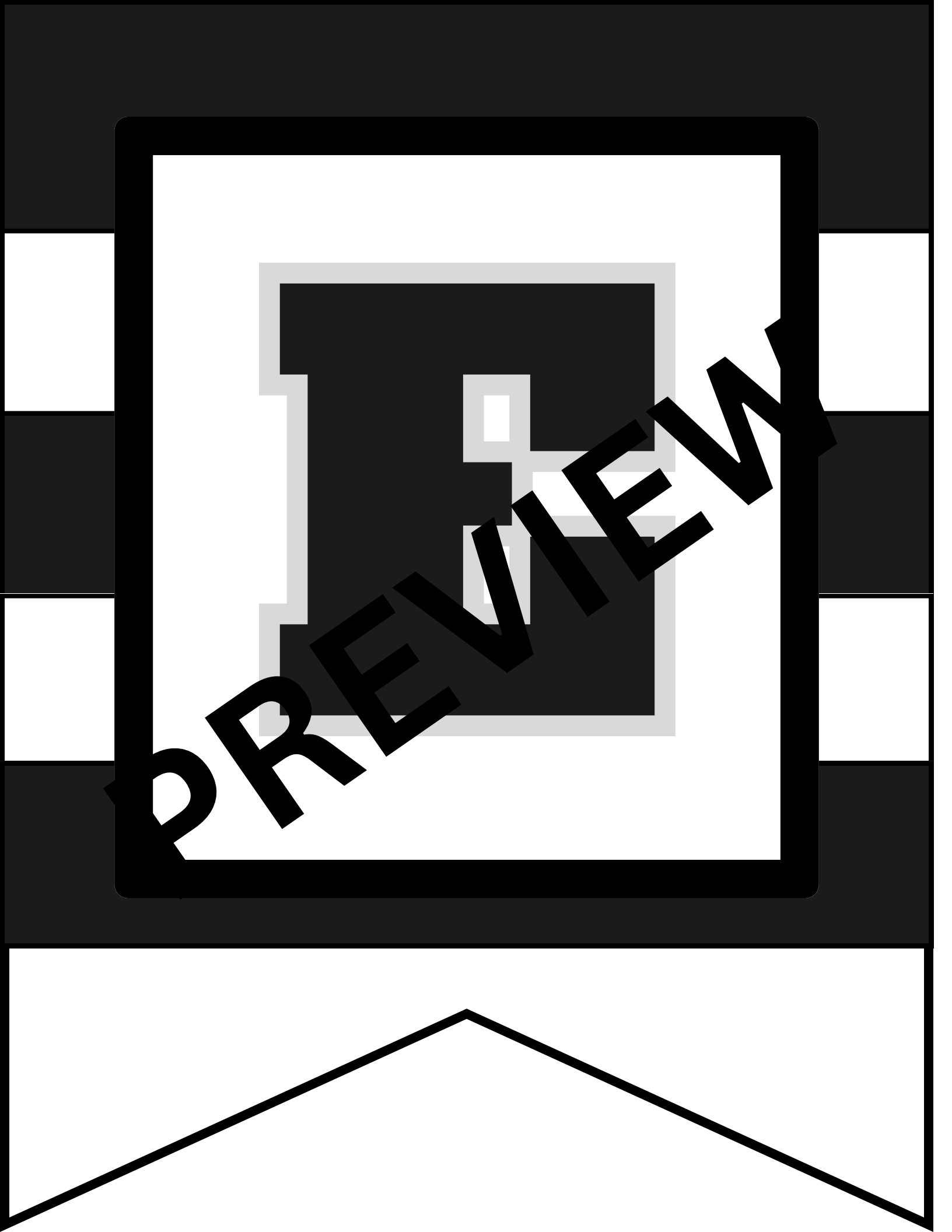


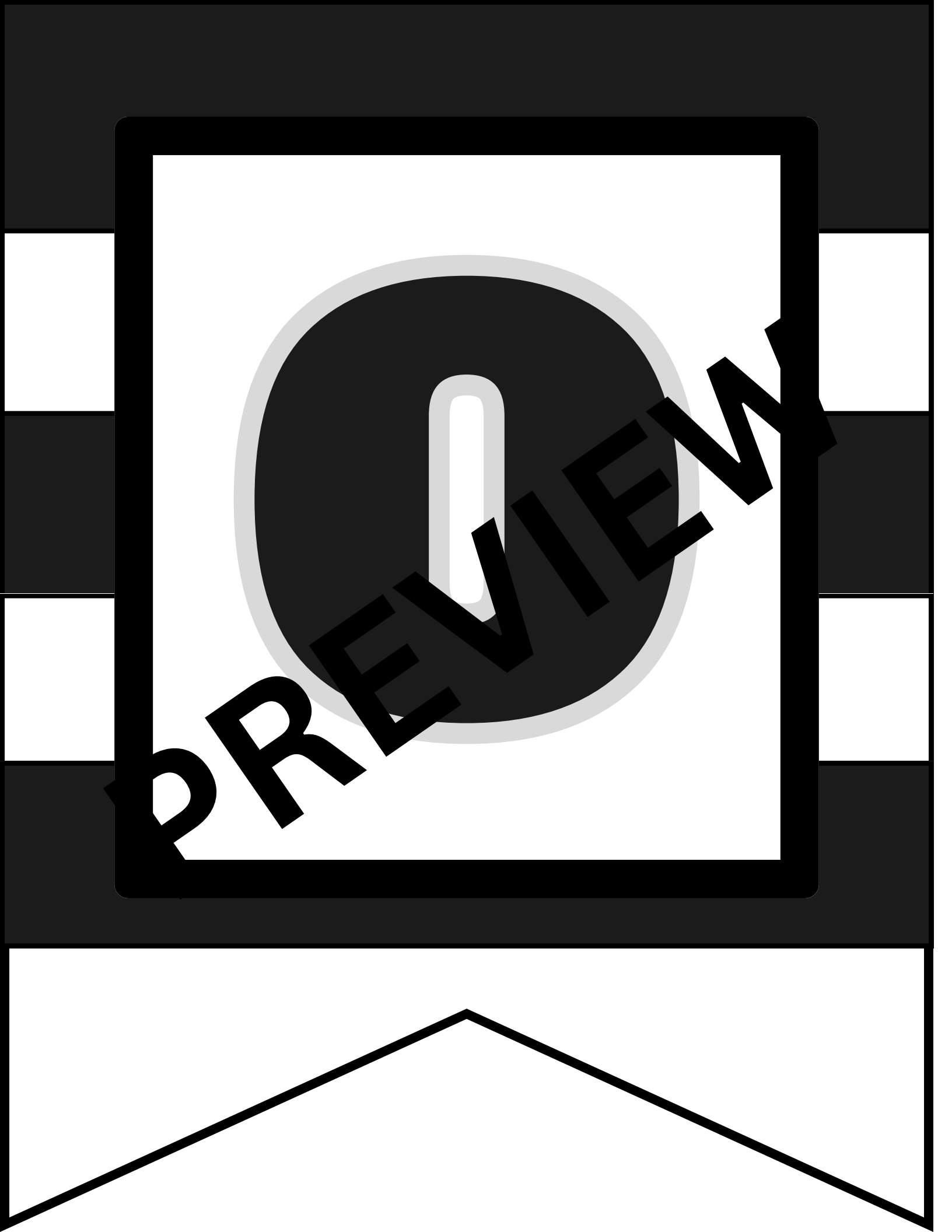


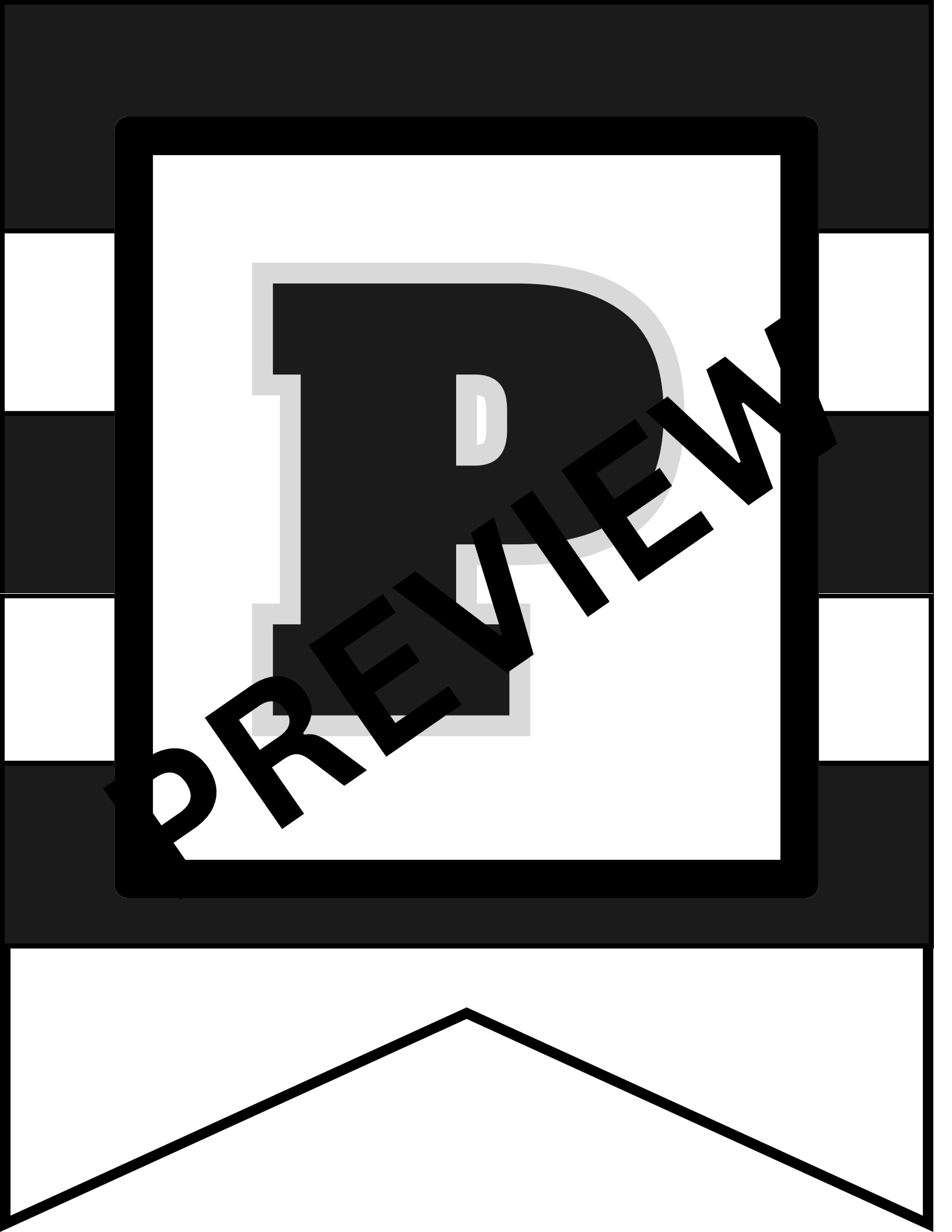


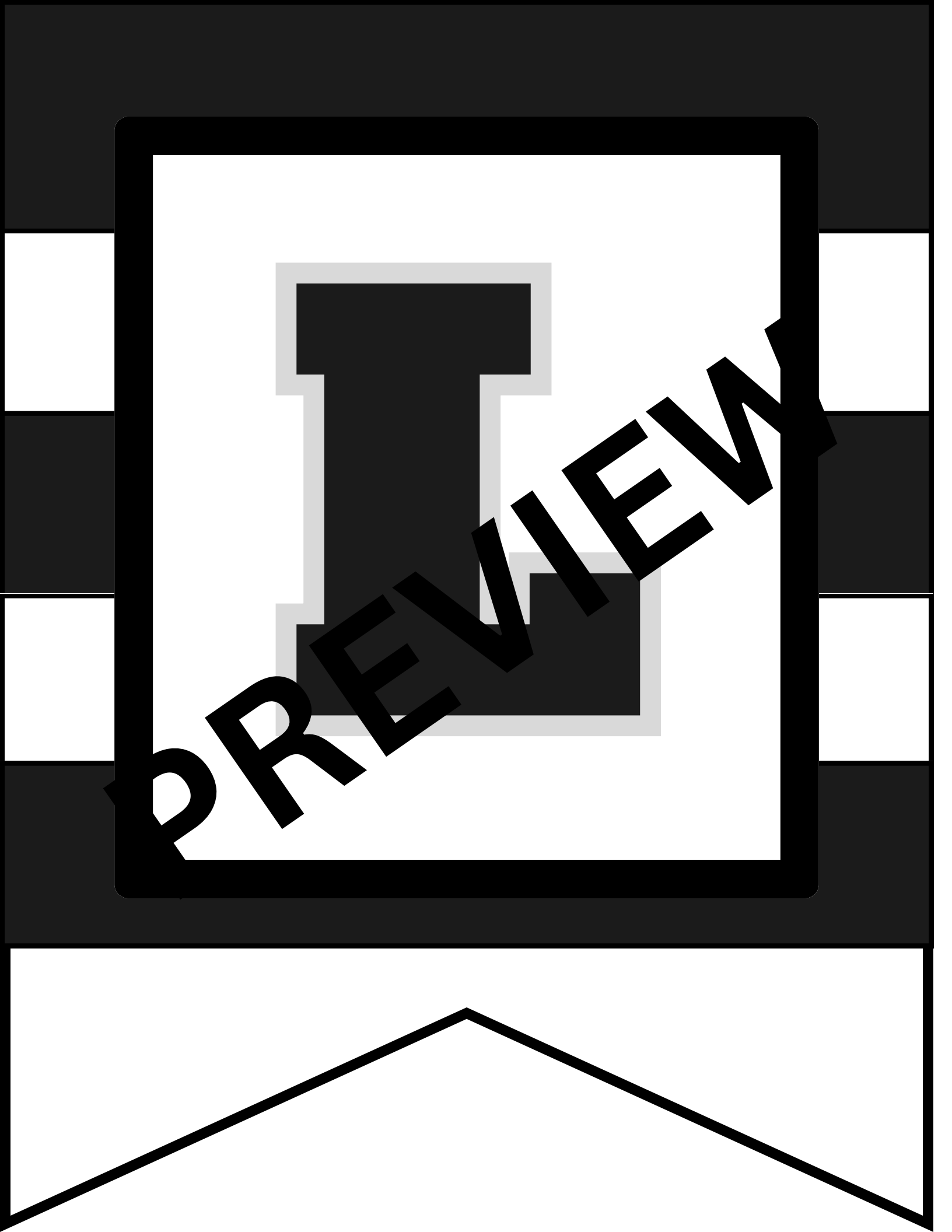


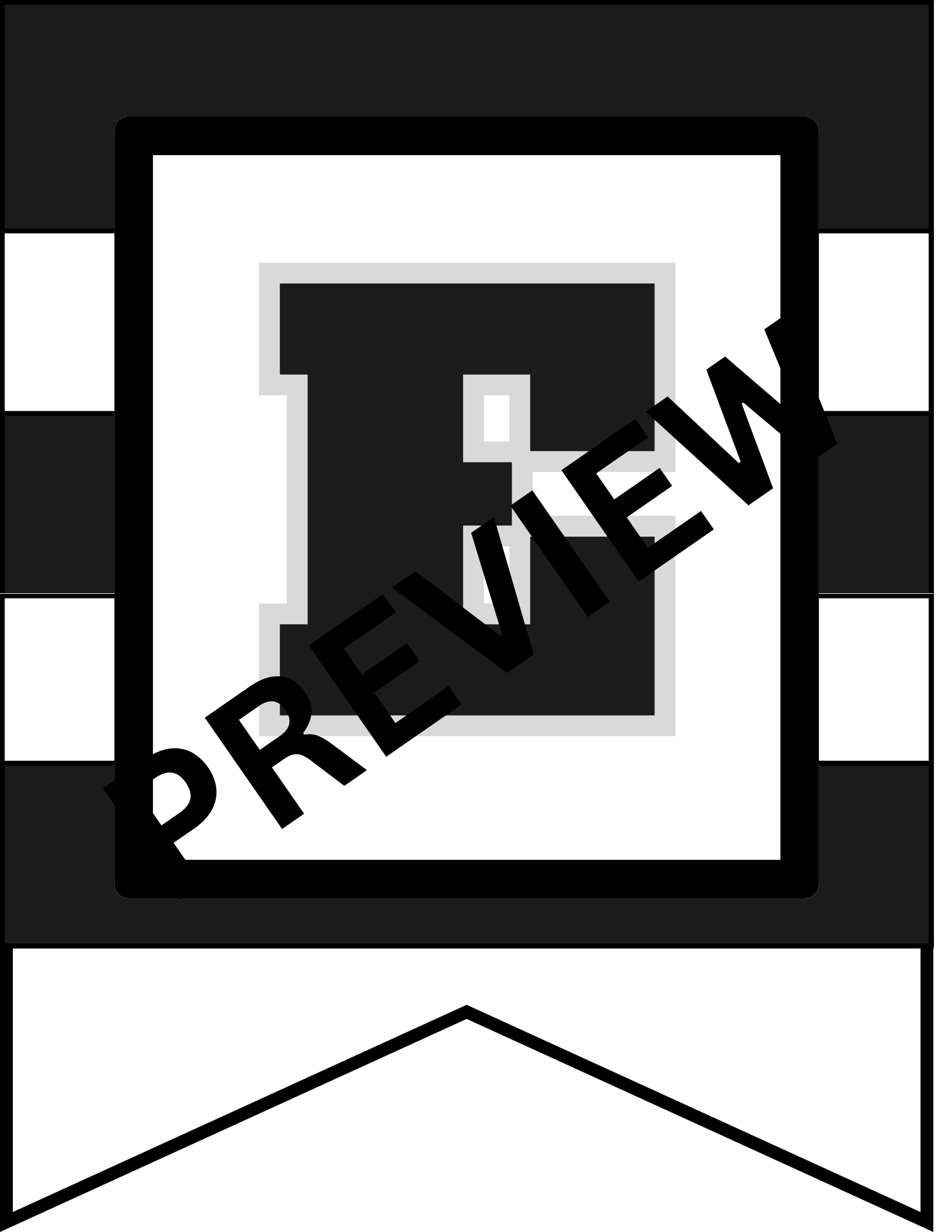












**You were caught
being**

KIND

**Great job
brightening
someone's day!**

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25 RANDOM ACTS OF KINDNESS

- Compliment the first three people you talk to today.
- Send a positive note to five different people.
- Post inspirational sticky notes around for people to read.
- Donate old towels or blankets to an animal shelter.
- Surprise a neighbor with freshly baked cookies or treats!
- Leave a note on someone's car saying something nice.
- Try to make sure every person in a group conversation feels heard.
- Smile at five strangers.
- Practice self-kindness and spend 30 minutes doing something you love today.
- Write a gratitude list in the morning and again in the evening.
- Return shopping carts for people at the grocery store.
- Have a clean up party at a beach or park.
- Find opportunities to give compliments.
- Take flowers or treats to the nurses' station at your nearest hospital.
- Send a 'Thank you' card or note to the officers at your local police or fire station.
- Leave a box of soap in your mailbox for your mail carrier.
- Email or write a formal letter to a teacher who made a difference in your life.
- When you hear that discouraging voice in your head, tell yourself something positive. You deserve kindness too!
- Donate unused items to a local shelter.
- Write someone a note and tell them why you are thankful for them.
- Do a chore without being asked.
- Pick up trash you see when walking at school or around the school.
- Pick some wildflowers and give them to someone.
- Write someone a nice note that you haven't talked to in awhile.
- Open a door for someone and greet them with a smile.

Be Kind



RANDOM ACTS OF *Kindness*

Please tear off a tab and
perform the random act of
kindness

PREVIEW

Write a thank you note
to someone

Hold the door open
for someone

Clean up some trash
around campus

Clean up some trash
around campus

Put a nice note in a
random library book

Give someone
a compliment



RANDOM ACTS OF Kindness

Please tear off a tab and
perform the random act of
kindness

PREVIEW

Smile at five strangers

Put up an inspirational
sticky note

Compliment someone
in the hallway

Write a nice note
thanking a custodian

Send someone a nice note
telling them you are
thankful for them

Invite someone new to
sit with you at lunch

Dear _____,

PREVIEW

5 Things I am Grateful For...

1. _____
2. _____
3. _____
4. _____
5. _____

5 Random Acts of Kindness I want to do are...

- 1.** _____
- 2.** _____
- 3.** _____
- 4.** _____
- 5.** _____

Gratitude Journal PK

Today I am grateful for...

PREVIEW

**Some people in my life I am
very thankful for are...**

PREVIEW

PREVIEW

PREVIEW

**Some ways I like to show
kindness are...**

PREVIEW

**A time I remember someone
being really kind to me was...**

PREVIEW

Being Kind

makes me

feel

PREVIEW

Random Of Kindness Tree

**Please add a 'leaf' to the tree
describing an act of kindness that
you performed. Watch the tree
grow with acts of KINDNESS!**



