**Random Acts of Kindness Board**

After you complete one “random act of kindness” activity, mark it off by colouring in the correct box. Challenge yourself and see if you can complete all 12 within the week.

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| Give a compliment to someone | Ask someone about their interests | Say “hi” to someone new | Clean up after yourself |
| Tell someone you appreciate them | Complete chores without being asked | Smile at 10 different people | Help someone in your family |
| Make a card to cheer up a friend | Say please and thank you | Play nicely and share with your family | Tell family members why you appreciate them |