**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 20 within the week.

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| Be encouraging during activities | Let someone go first | Hold the door for someone | Help clean up without being asked |
| Make a card and give it to someone | High 5 everyone in class | Say “hi” to someone new | Leave a nice note in someones tray |
| Give a compliment to 10 different people  | Draw and colour a picture for someone | Help someone with a chore | Clean up after yourself |
| Tell someone you appreciate them | Ask someone about their interests | Tell friends why you appreciate them | Write a list of things you are grateful for |
| Share with another person | Smile at 10 different people | Pick up any litter you see | Do something nice for yourself |
| Help make dinner at home | Tell family members why you appreciate them | Create a piece of art for someone you appreciate | Design a kindness poster to display at home |