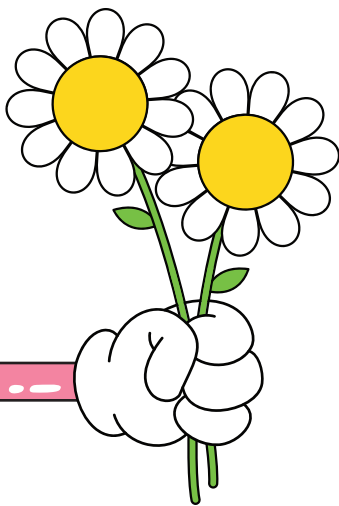
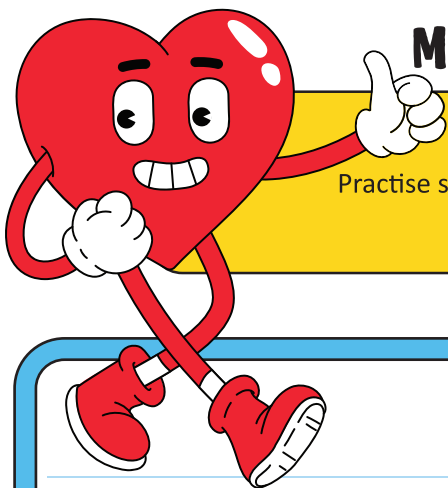


INSTRUCTIONS

1. Note your Kindness Habit for the month at the top of the page.
2. Choose three Kindness Challenges (one from each category). Find their stickers and add them to your page.
3. Use the note space to plan your actions.
4. When your challenges are complete, think them over and answer the thinking questions.

There are also pages to colour, true stories of kindness, space to brainstorm lists of ideas, and random fun questions all about you!



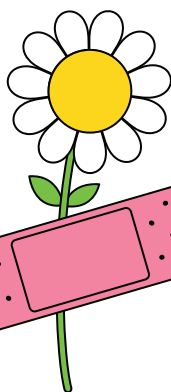
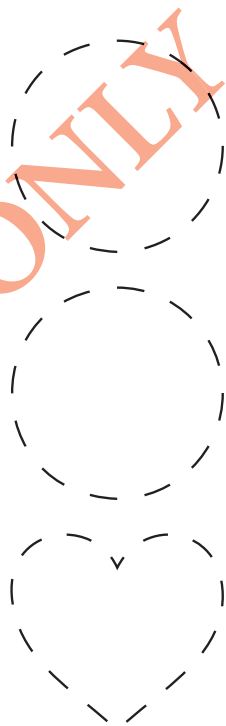


MONTH:

KINDNESS HABIT:

Practise saying “please” and “thank you”
throughout your day.

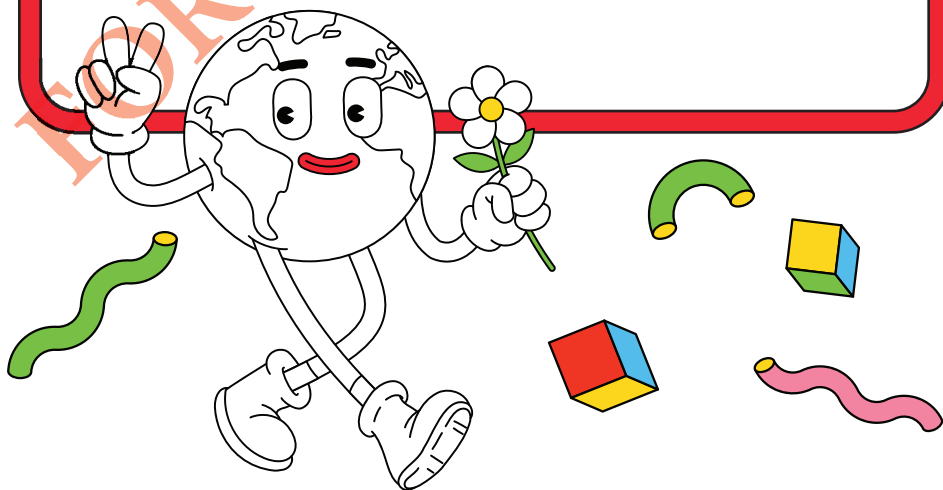
NOTES:



THINKING QUESTIONS:

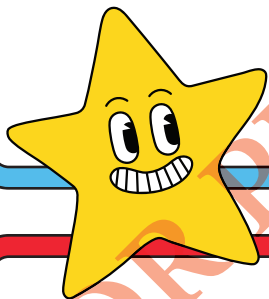
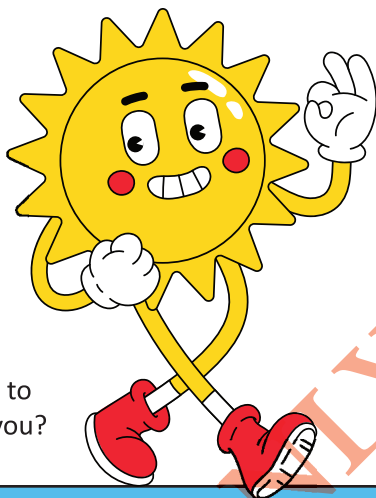
1. Which was the hardest Kindness Challenge to do this month?
Why?

2. How did you feel when you got them all done?
Use words or draw a picture.



MY TRUE STORIES OF KINDNESS

Write about a time someone was kind to you. What happened? How old were you?



FOR PAPERUSAL ONLY

One time for Mother's Day we decided to make roses with a little card attached and give them out to women we saw in our community. I was giving mine out near a grocery store, and my last flower I gave to a younger lady.

She was really surprised, but she said thank you with a big smile, so I hope I made her day.

(Josiah, 12)

When I was 11 I had an asthma attack – that's where it's really hard to breathe because your airways are inflamed and swollen. I had **to stay** a whole week in hospital while it was **taken care of**, and **my parents couldn't visit a lot since dad had work and my mum had to look after my younger siblings**.

It was **very** quiet, and there **wasn't** a lot to do so it was also boring.

But there was a nurse that came at night who helped me sew my own stuffed teddy bear. She was really nice.

(Jacinta, 13)

TRUE STORIES OF KINDNESS

