

INSTRUCTIONS

1. Choose your Kindness Habit for the month, and write it at the top of the page.
2. Choose three Kindness Challenges (one from each category). Find their stickers and add them to the places marked on the notepages.
3. Use the note space to plan your actions for each challenge.
4. When your challenges are complete, think them over and answer the Thinking Questions.
5. If you complete any Kindness Online Challenges, mark them with a "Like" sticker.

There are also Bible verses, space to brainstorm lists of ideas, colouring pages and more!

MONTH:

HABIT:

NOTES:

HELLO!



FOR PERUSAL ONLY

THINKING QUESTIONS:

1. What Kindness Habit did you choose this month?
Why did you choose it?

2. Have you noticed anyone else doing this?
(not necessarily as a "Kindness Habit")

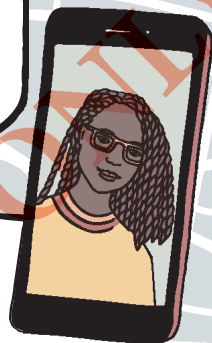
FOR PERUSAL ONLY



KINDNESS ONLINE:

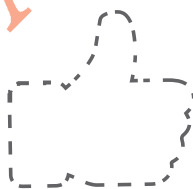
Be positive!

Share a positive story on your social media. See if you can share at least 2 a week!



Unfollow the Unhealthy.


This month unfollow two accounts that are negative, or put people down.



Follow.

Find two new accounts to follow that bring God's word and positivity.





THE KINDNESS CAMPAIGN

The Kindness Campaign is a way for youth and children to take the lead in showing kindness in their community, family and social groups.

This year-long journal will help you keep track of your ideas, maintain a Kindness Habit each month, and complete each type of Kindness Challenge:

- Kindness to Self
- Kindness to Others
- Kindness to the Earth

Additionally, completing Kindness Online Challenges will help you think about your actions on social media.

You never know what impact a small act of kindness will have on a person. Be kind!



CAN  BDA
YOUTH

