

# Kindness Checklist

This week, we are learning about being kind to others! We've thought of some ways you can practice being kind. As you do these things, check them off the list. We also left a few open for you to think of your own ways to be kind. Write them on your list and don't forget to check them off!

- Make a card for someone and send it to them in the mail.
- Pick up a mess I see.
- Help make dinner.
- Give a smile and a hug to someone in my house who looks sad.
- Play quietly while my parent or sibling is working or doing school.
- FaceTime or video message someone I have not seen in a while.
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Create your own stamp.

