



# Kindness 2019



Name: \_\_\_\_\_

<p>Wed. 3/6</p> <p><b>Make a list of 5 things I am grateful for</b></p>	<p>Thur. 3/7</p> <p><b>Say please and thank you to everyone</b></p>	<p>Fri. 3/8</p> <p><b>Give my mom and dad a big hug</b> (No school)</p>	<p>Sat. 3/9</p> <p><b>Clean up a mess I made at home</b></p>	<p>Sun. 3/10</p> <p><b>Call my grandparents and wish them a good day</b></p>	<p>Mon. 3/11</p> <p><b>Don't interrupt; listen carefully instead</b></p>	<p>Tues. 3/12</p> <p><b>Ask someone how their day is going</b></p>	<p>Wed. 3/13</p> <p><b>Congratulate someone when they do a good job</b></p>
<p>Thurs. 3/14</p> <p><b>Make someone laugh</b></p>	<p>Fri. 3/15</p> <p><b>Pick up trash on the playground</b></p>	<p>Sat. 3/16</p> <p><b>Donate clothes and toys I have outgrown</b></p>	<p>Sun. 3/17</p> <p><b>Do my chores without being asked</b></p>	<p>Mon. 3/18</p> <p><b>Make a nice note or picture for a classmate</b></p>	<p>Tues. 3/19</p> <p><b>Smile at everyone I see today, it's contagious!</b></p>	<p>Wed. 3/20</p> <p><b>Say a special prayer for someone in need</b></p>	<p>Thurs. 3/21</p> <p><b>Do something nice for myself today</b></p>
<p>Fri. 3/22</p> <p><b>Give a nice note to my teacher and classroom aide</b></p>	<p>Sat. 3/23</p> <p><b>Set the table for dinner</b></p>	<p>Sun. 3/24</p> <p><b>Help my brother or sister with their homework or chores</b></p>	<p>Mon. 3/25</p> <p><b>Give someone a compliment (say something nice to them)</b></p>	<p>Tues. 3/26</p> <p><b>Get at least 30 minutes of exercise today</b></p>	<p>Wed. 3/27</p> <p><b>Make a sack lunch for blessing bags at school</b></p>	<p>Thurs. 3/28</p> <p><b>Hold a door open for someone</b></p>	<p>Fri. 3/29</p> <p><b>Tell someone why they are special to me</b></p>
<p>Sat. 3/30</p> <p><b>Clean up a mess that isn't mine</b></p>	<p>Sun. 3/31</p> <p><b>Make a nice note for my brother, sister, or parents</b></p>	<p>Mon. 4/1</p> <p><b>Say hello to everyone I see today</b></p>	<p>Tues. 4/2</p> <p><b>Tell the Moo/cafeteria staff thank you for all they do</b></p>	<p>Wed. 4/3</p> <p><b>Do a really good job cleaning up my classroom</b></p>	<p>Thurs. 4/4</p> <p><b>Say a special thank you to one of my CAMP teachers</b></p>	<p>Fri. 4/5</p> <p><b>Invite a student to play with me at recess that I don't usually play with</b></p>	<p>Sat. 4/6</p> <p><b>Say a special prayer for my parents</b></p>
<p>Sun. 4/7</p> <p><b>Help my family make dinner</b></p>	<p>Mon. 4/8</p> <p><b>Make today a complaint free day</b></p>	<p>Tues. 4/9</p> <p><b>Help one of my classmates today</b></p>	<p>Wed. 4/10</p> <p><b>Tell my teacher the best thing they have taught me so far</b></p>	<p>Thurs. 4/11</p> <p><b>Learn something new about one of my classmates</b></p>	<p>Fri. 4/12</p> <p><b>Bring a canned food item to donate to the Church pantry</b></p>	<p>Sat. 4/13</p> <p><b>Work on showing kindness to <u>every-one</u> just like Jesus did!</b></p>	<p>Sun. 4/14</p> <p><b>Go to mass with my family and say thank you to God</b></p>