free printable

Kindness
PRINTABLES

challenges, compliment cards, bingo, coupons and more



Kindness Countdown

24 days of December, one kind act a day

1 ○ Make a card for a neighbor	2 ○ Donate a toy you have outgrown	3 ○ Say thank you to a bus driver or crossing guard	4 ○ Help cook dinner
5 ○ Call a grandparent	6 ○ Leave a kind note in a library book	7 ○ Share your snack	8 ○ Make a bird feeder
9 ○ Pick up 10 pieces of litter	10 ○ Hold the door for someone	11 ○ Write a thank-you note to a teacher	12 ○ Give three compliments
13 ○ Donate canned food	14 ○ Draw a picture for a nursing home	15 ○ Help a sibling with a chore	16 ○ Bake treats for a neighbor
17 ○ Tell a joke to make someone smile	18 ○ Shovel snow or rake leaves for someone	19 ○ Read a story to a younger child	20 ○ Make a kindness rock
21 ○ Thank the mail carrier	22 ○ Play with someone new	23 ○ Wrap a gift for a toy drive	24 ○ Tell your family why you love them

tick the little circle when you have done it

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30-Day Kindness Challenge

any month, any age

Start date: _____

1. Smile at five people
2. Let someone go first
3. Write a kind sticky note
4. Help without being asked
5. Give a real compliment
6. Sit with someone new
7. Say sorry and mean it
8. Thank a helper at school
9. Share something you love
10. Clean up a mess you did not make
11. Ask someone how their day was
12. Make a get-well card
13. Feed the birds
14. Encourage a friend
15. Donate a book
16. Listen without interrupting
17. Draw a picture for someone
18. Help set the table
19. Water a plant
20. Teach someone a game
21. Call a relative
22. Write a thank-you note
23. Pick up litter
24. Be kind to yourself
25. Include someone in a game
26. Tell a family member a joke
27. Return a cart or a toy
28. Make someone breakfast
29. Say something nice about a classmate
30. Plan your next kind act

Compliment Cards

cut them out and hide them in lunch boxes, books and coat pockets



You make people feel welcome

from: _____



You are a great listener

from: _____



Your laugh is contagious

from: _____



You are braver than you think

from: _____



You make hard things look easy

from: _____



You have the best ideas

from: _____



You are a really good friend

from: _____



You never give up

from: _____



You make every room brighter

from: _____



You are kind to everyone

from: _____



I am lucky to know you

from: _____



You make me smile

from: _____

Kindness Bingo

do a kind act, color the square; five in a row wins!

K	I	N	D	S
Hold the door	Smile at someone	Share a toy	Help clean up	Say thank you
Make a card	Give a hug	Help a friend	Read to someone	Pick up litter
Feed a pet	Give a compliment	 be kind!	Help cook	Call grandma or grandpa
Make a new friend	Draw a picture for someone	Say sorry	Water plants	Write a note
Let someone go first	Donate a toy	Tell a joke	Help a teacher	Cheer someone up

Name: _____ Date: _____

Caught Being Kind!

for teachers and parents: fill one in when you see kindness happen

I caught you being kind!

Name: _____

What you did: _____

_____

_____

From: _____

Date: _____



I caught you being kind!

Name: _____

What you did: _____

_____

_____

From: _____

Date: _____



I caught you being kind!

Name: _____

What you did: _____

_____

_____

From: _____

Date: _____



I caught you being kind!

Name: _____

What you did: _____

_____

_____

From: _____

Date: _____



Kindness Coupons

a free gift for family and friends: cut out, fill in and give

COUPON

One big hug

anytime you need it

to: _____

from: _____

COUPON

I will do one chore

you choose which one

to: _____

from: _____

COUPON

Movie night pick

you choose the movie

to: _____

from: _____

COUPON

Breakfast in bed

toast, juice and a smile

to: _____

from: _____

COUPON

One game together

board game, card game or outside

to: _____

from: _____

COUPON

A helping hand

with anything you ask

to: _____

from: _____

COUPON

A walk together

just you and me

to: _____

from: _____

COUPON

A story read aloud

your favorite book

to: _____

from: _____

Kindness Bookmarks

color them in, cut them out and share them



Be kind.

It is always in style.

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Kindness

is a superpower anyone can have.

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Small acts

make a big difference.

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Choose kind

every single day.

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My Kindness Journal

draw it, then write about it

Date: _____

Today I was kind when I...

draw it here

It made them feel:

 happy

 surprised

 loved

 proud

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Be Kind

20 little ways to spread kindness

At home

- Make someone's bed
- Set the table
- Leave a nice note
- Help with the dishes
- Share the TV remote

At school

- Sit with someone alone
- Help a classmate
- Thank the teacher
- Pick up dropped pencils
- Cheer for others

In the neighborhood

- Wave and say hello
- Pick up litter
- Make a card for a neighbor
- Leave chalk messages
- Feed the birds

For yourself

- Rest when you are tired
- Say something nice to you
- Drink water
- Try again tomorrow
- Ask for help

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