

# ● My Kindness Chart

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

Date: \_\_\_\_\_

Color a box each day you do the kind act.

| Kind Act         | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------------------|-----|-----|-----|-----|-----|-----|-----|
| I shared a toy   |     |     |     |     |     |     |     |
| I said thank you |     |     |     |     |     |     |     |
| I helped someone |     |     |     |     |     |     |     |
| I gave a hug     |     |     |     |     |     |     |     |
| I listened well  |     |     |     |     |     |     |     |
| I said sorry     |     |     |     |     |     |     |     |
| I cleaned up     |     |     |     |     |     |     |     |
| I was gentle     |     |     |     |     |     |     |     |

# ● Kindness Pictures

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

Date: \_\_\_\_\_

Read each idea. Draw your picture in the box.

**Draw a kind act you did.**

**Draw a kind act someone did for you.**

**Draw how a kind word feels.**

**Draw a way to help at home.**

# ● Trace the Kind Words

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

Date: \_\_\_\_\_

Say each word. Trace it.



kind kind



help help



share share



hug hug



thank you thank you