

30 DAYS OF KINDNESS THIS APRIL

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1. Give someone a compliment

YOU ARE AMAZING!!

2. Tidy up without being asked

3. Leave a kind note

4. Let someone go first

5. Sit with someone who is alone

6. Listen when a friend is speaking

GUESS WHAT?

7. Do a chore without being told

8. Smile at someone you know

9. Hold the door open

10. Draw a picture for someone

11. Say thank you and mean it

THANK YOU!

YOU'RE WELCOME!

12. Pick up litter

13. Cheer for someone else

GO!

GO!

GO!

14. Be patient when something is hard

15. Ask a friend if they are OK

U OK?

Maybe...

16. Say sorry and mean it

SORRY!

17. Let someone else choose

YOU PICK!

18. Help someone with something

19. Tell someone you care about them

I CARE ABOUT YOU!

20. Compliment someone's effort

WOW! AMAZING EFFORT! YOU'RE DOING GREAT!

21. Be kind to yourself

I LOVE ME TIME

22. Thank someone who helps you

THANKS FOR THE HELP!

23. Do a kind act quietly

SHHH!

24. Encourage a friend

YOU CAN DO IT!

25. Share something you enjoy

26. Write a kind message

YOU BRING JOY!

27. Tell someone what you like about them

FUNNY SMART KIND

THANKS!!

28. Use kind words all day

PLEASE

THANK YOU

YOU'RE GREAT

HELPFUL

LOVE

29. Take turns

YOUR TURN

30. Help clean up

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