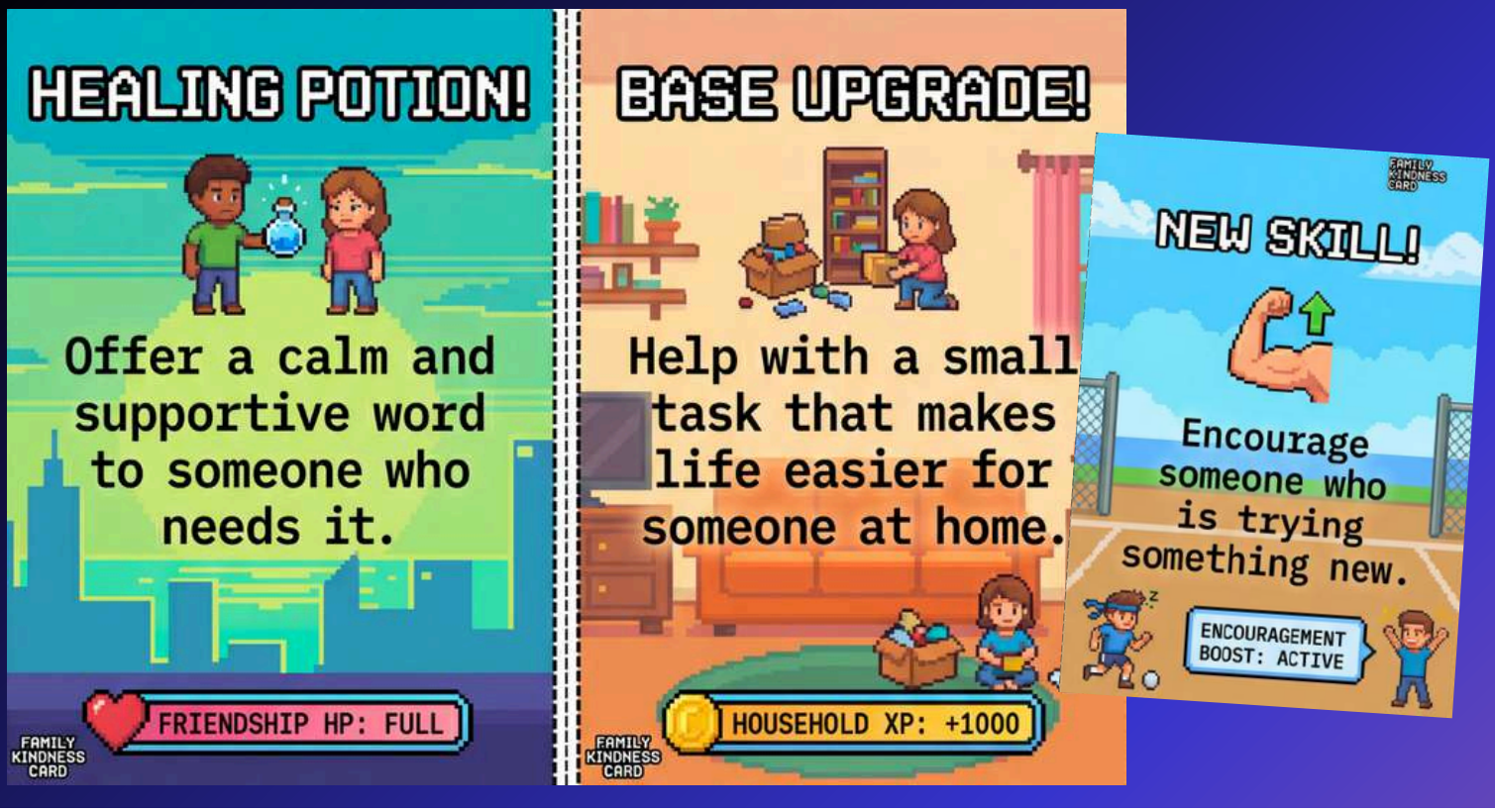
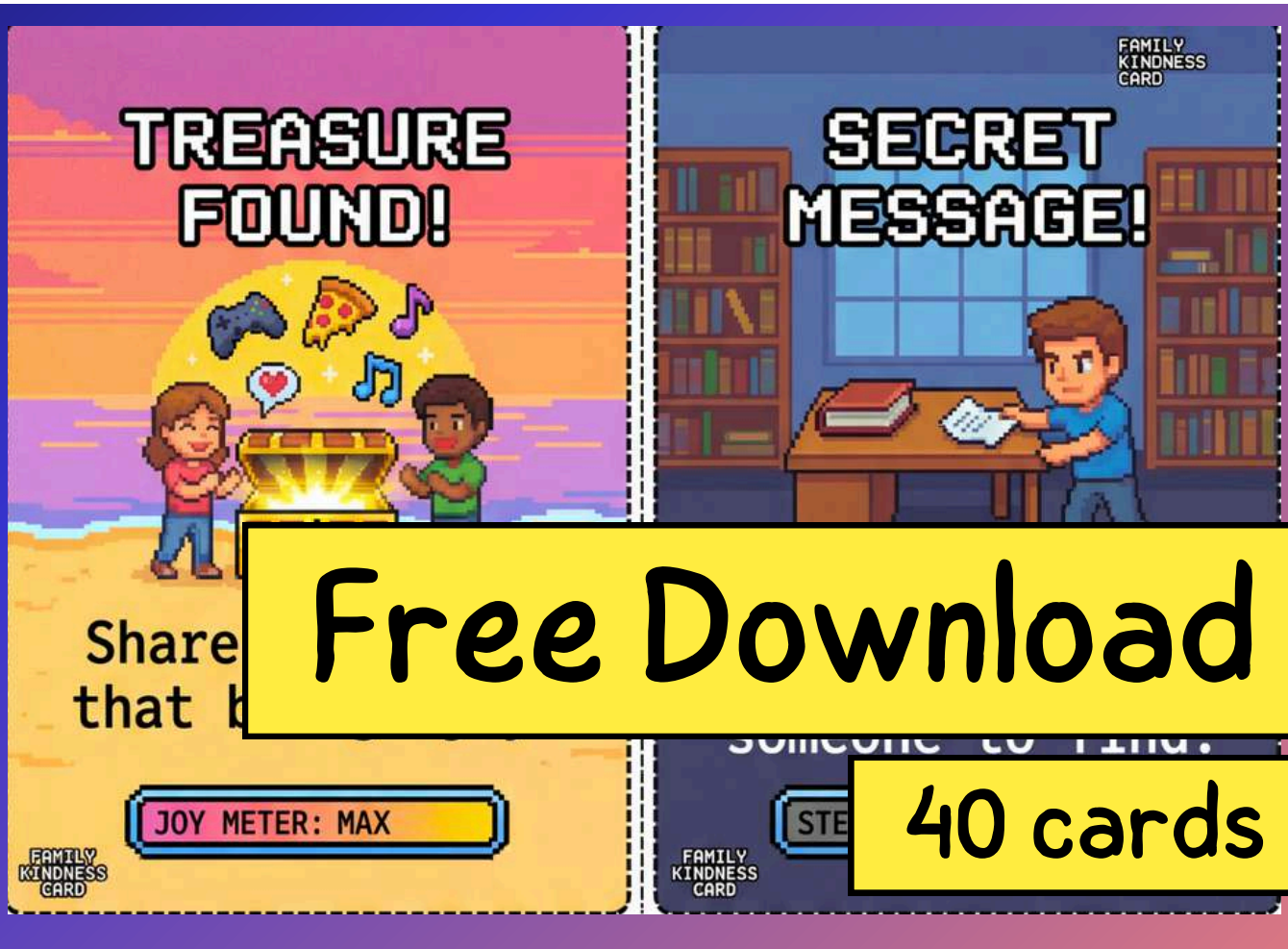


FAMILY KINDNESS CARDS for Teens

www.SocialWorkersToolbox.com



Free Download

40 cards

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM

TREASURE FOUND!

Share something that brings joy.

JOY METER: MAX

FAMILY KINDNESS CARD

FAMILY KINDNESS CARD

SECRET MESSAGE!

Leave a positive note for someone to find.

STEALTH MODE: ACTIVE

FAMILY KINDNESS CARD

DIALOGUE INITIATED!

Ask someone how they are and listen to the answer.

LISTENING SKILL: 100%

FAMILY KINDNESS CARD

TEAM ASSIST!

Offer to help someone who looks stressed.

STRESS LEVEL: REDUCED

FAMILY KINDNESS CARD

FAMILY KINDNESS CARD

VICTORY ROYALE!

Celebrate someone else's achievement.

TEAM REP: +500

FAMILY KINDNESS CARD

FAMILY KINDNESS CARD

SIDE QUEST COMPLETE!

Notice when someone tries hard and acknowledge it.

GREAT EFFORT!

FAMILY KINDNESS CARD

EFFORT POINTS: MAX

HEALING POTION!

Offer a calm and supportive word to someone who needs it.

FRIENDSHIP HP: FULL

FAMILY KINDNESS CARD

BASE UPGRADE!

Help with a small task that makes life easier for someone at home.

HOUSEHOLD XP: +1000

FAMILY KINDNESS CARD

PLAYER 2'S TURN!

Let someone go first.

TURN PASS: SUCCESS

FAMILY KINDNESS CARD

FAMILY KINDNESS CARD

JOIN PARTY!

Sit with someone who seems alone.

STATUS: COMPANION FOUND!

PAUSE & BREATHE!

Show patience during a difficult moment.

PATIENCE BAR: FULL

FAMILY KINDNESS CARD

GENTLE MODE: ON!

Use a gentle tone even when feeling annoyed.

VOLUME: LOW & CALM

FAMILY KINDNESS CARD

KINDNESS COMBO!

Say something kind to a family member or friend.

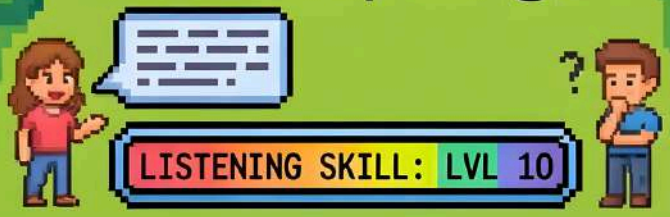
COMBO MULTIPLIER: X2

FAMILY KINDNESS CARD

FAMILY KINDNESS CARD

LISTEN MODE: ENGAGED!

Give someone time to speak without interrupting.



LISTENING SKILL: LVL 10

TEAM UP!

Include someone who seems left out.

PARTY SIZE: +1 MEMBER

FAMILY KINDNESS CARD

GRATITUDE UNLOCKED!

Thank someone for something they often do.

APPRECIATION POINTS: +1000

FAMILY KINDNESS CARD

CO-OP MODE

Make space for another person's point of view.

UNDERSTANDING LEVEL: HIGH

FAMILY KINDNESS CARD

FAMILY KINDNESS CARD

TRY AGAIN

Say sorry in a sincere way if needed.

SINCERITY: 100%

CRITICAL HIT!

Give someone a genuine compliment.

CONFIDENCE BOOST: MAX

FAMILY KINDNESS CARD

CLEAN UP MISSION

Help tidy a shared space.

TEAMWORK SCORE: +500

FAMILY KINDNESS CARD

KINDNESS CRIT!

Appreciate a small act of kindness from someone.

HEART METER: FULL

FAMILY KINDNESS CARD

FAMIL9 KINDNESS CARD

MEMORY LANE!

Share a memory that may make someone smile.

SMILE GAUGE: MAX

FAMILY KINDNESS CARD

ZEN ZONE!

Give someone privacy or space when they ask for it.

PEACE LEVEL: 100%

FAMILY KINDNESS CARD

TRUTH TALK!

Speak honestly in a respectful way.

RESPECT POINTS: +1000

FAMILY KINDNESS CARD

NEW MESSAGE!

Send a kind message to someone you care about.

KINDNESS LEVEL: MAX

FAMILY KINDNESS CARD

FAMILY KINDNESS CARD

NEW SKILL!

Encourage someone who is trying something new.

ENCOURAGEMENT BOOST: ACTIVE

HEALING WORDS!

Offer comfort to someone who feels upset.

COMFORT BAR: RESTORED

FAMILY KINDNESS CARD

KITCHEN QUEST!

Help prepare or clear up after a meal.

TEAMWORK SCORE: +1000

FAMILY KINDNESS CARD

NEIGHBORHOOD WATCH!

Check in on a neighbour or relative.

CONNECTION STRENGTH: HIGH

FAMILY KINDNESS CARD

FAMILY KINDNESS CARD

JUDGEMENT FREE ZONE!

Choose not to judge someone today.

STATUS: OPEN MIND

SELF-CARE RECHARGE!

Show kindness to yourself through a simple act of care.

ENERGY LEVEL: FULL

FAMILY KINDNESS CARD

DAILY GRATITUDE BONUS!

Notice and celebrate one positive thing about your day.

BONUS: +200 POSITIVITY POINTS

FAMILY KINDNESS CARD

CO-OP MODE ENABLED!

Invite someone to join you in an activity they enjoy.

TEAMWORK BONUS: ACTIVE

FAMILY KINDNESS CARD

FAMILY KINDNESS CARD

GRATITUDE BOOST!

Show gratitude by doing a small act of service.

THANK YOU
POINTS: +100

PLAYER FOUND!

Notice when someone is left out and reach out to them.

FRIENDSHIP LEVEL: UP

FAMILY KINDNESS CARD

EFFORT METER MAXED!

Compliment someone on an effort rather than the outcome.

DETERMINATION: 100%

FAMILY KINDNESS CARD

FAMILY KINDNESS CARD

RESOURCE DROP!

Share something useful that someone else may need.

INVENTORY: SHARED ITEMS

FAMILY KINDNESS CARD

CO-OP MODE!

Support someone by standing with them during a hard moment.

ALLY STATUS: UNBREAKABLE

VOLUME CONTROL!

Offer a calm reminder instead of raising your voice.

VOLUME: CALM

FAMILY KINDNESS CARD

DAILY QUEST!

Ask someone what would help them today.

QUEST LOG: ASKED & LISTENED

FAMILY KINDNESS CARD

About this Resource

his free set of Family Kindness Cards for Teens is a printable PDF designed to help teenagers build empathy, communication skills and positive behaviour at home. The pack includes 40 cards with a fun, game inspired design that speaks directly to teens. Each card gives a simple kindness task that encourages young people to think about others, take responsibility and strengthen family relationships.

The cards include ideas such as sharing something that brings joy, leaving a positive message for someone, checking in on how someone feels, helping a stressed person, celebrating someone's achievement, offering patience during difficult moments, encouraging someone to try something new, making space for another person's point of view, tidying a shared space, giving a genuine compliment, supporting someone through a hard moment, showing gratitude, choosing not to judge, reconnecting with a neighbour or relative, and offering comfort when someone is upset.

Each kindness card is presented in a bright, pixel style layout that makes the activities engaging and easy to use. Teens are encouraged to think about stress levels, listening skills, encouragement boosts, friendship levels and teamwork scores, which adds a light, motivating touch while still supporting emotional wellbeing.

These cards are suitable for parents, carers, teachers, youth workers, social workers, counsellors and therapists. They can be used during direct work, wellbeing sessions, youth groups, pastoral support, therapy work or family activities. They help teens build emotional awareness, communication, problem solving, responsibility and positive coping skills.

This downloadable PDF is ideal for anyone searching for kindness cards for teens, social skills resources for young people, positive behaviour tools, mental health activities, family connection printables, therapy cards for adolescents or simple wellbeing tasks that help teens build kindness and stronger relationships at home.

Cards included:

- Share something that brings joy.
- Leave a positive note for someone to find.
- Ask someone how they are and listen to the answer.
- Offer to help someone who looks stressed.
- Celebrate someone else's achievement.
- Notice when someone tries hard and acknowledge it.
- Offer a calm and supportive word to someone who needs it.
- Help with a small task that makes life easier for someone at home.
- Let someone go first.
- Sit with someone who seems alone.
- Show patience during a difficult moment.
- Use a gentle tone even when feeling annoyed.
- Say something kind to a family member or friend.
- Give someone time to speak without interrupting.
- Include someone who seems left out.
- Thank someone for something they often do.
- Make space for another person's point of view.
- Say sorry in a sincere way if needed.
- Give someone a genuine compliment.
- Help tidy a shared space.
- Appreciate a small act of kindness from someone.
- Share a memory that may make someone smile.
- Give someone privacy or space when they ask for it.
- Speak honestly in a respectful way.
- Send a kind message to someone you care about.
- Encourage someone who is trying something new.
- Offer comfort to someone who feels upset.
- Help prepare or clear up after a meal.
- Check in on a neighbour or relative.
- Choose not to judge someone today.
- Show kindness to yourself through a simple act of care.
- Notice and celebrate one positive thing about your day.
- Invite someone to join you in an activity they enjoy.
- Show gratitude by doing a small act of service.
- Notice when someone is left out and reach out to them.
- Compliment someone on an effort rather than the outcome.
- Share something useful that someone else may need.
- Support someone by standing with them during a hard moment.
- Offer a calm reminder instead of raising your voice.
- Ask someone what would help them today.