

Kindness TRACKER

Each time you do something kind for yourself or someone else, colour in one part of the beehive.

See how full you can make your beehive with kindness!



FREE DOWNLOAD

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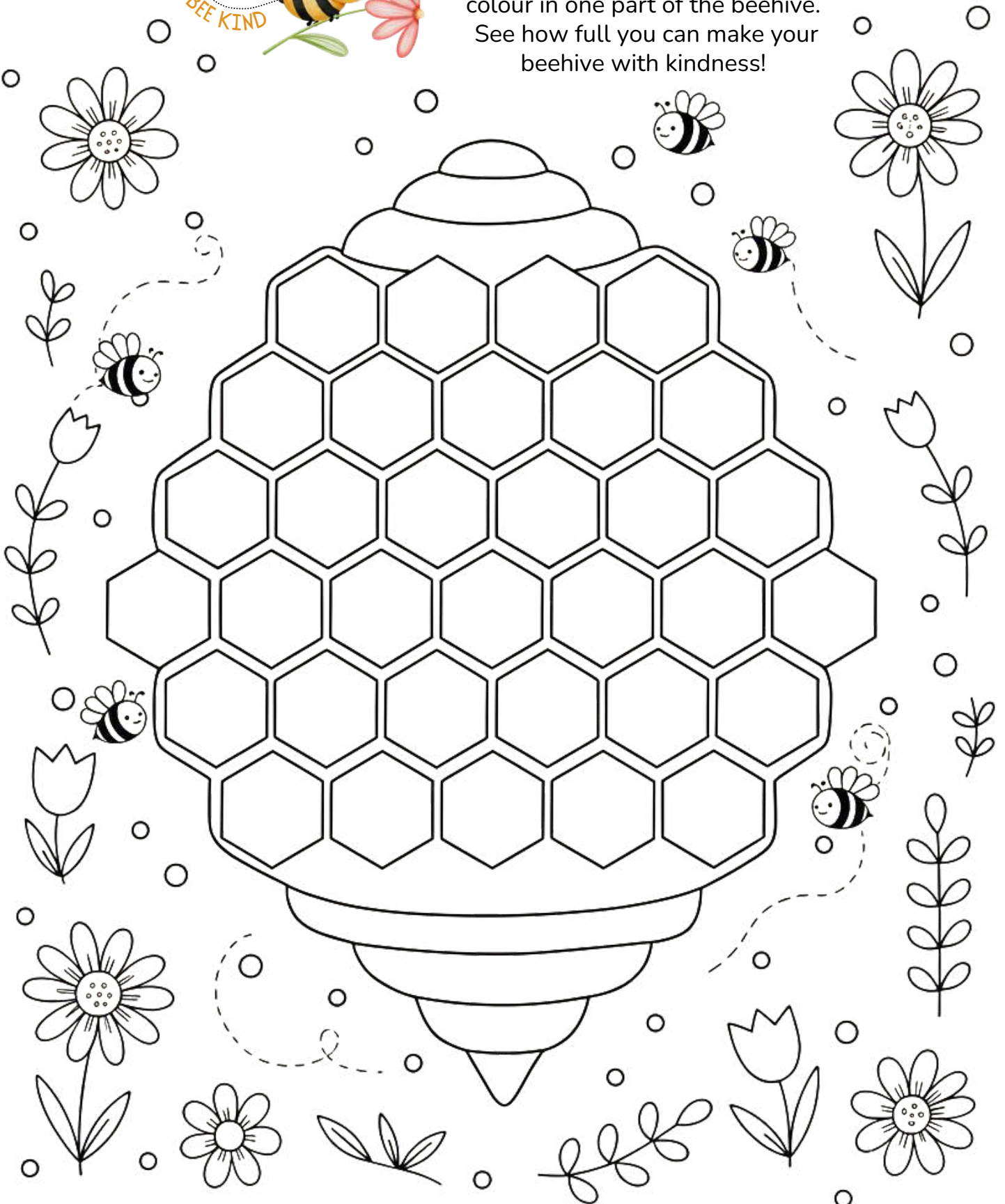
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About this Resource

Kindness Tracker is a free, printable PDF resource that encourages children to notice and celebrate acts of kindness—both towards others and themselves. Designed in a cheerful, bee-themed style, this visual tracker invites children to colour in a part of the beehive each time they do something kind. As the beehive fills up, it becomes a bright, rewarding reminder of how small acts can build a happier, more caring world.

This activity promotes empathy, self-awareness, and emotional wellbeing, making it perfect for use in classrooms, therapy sessions, or at home. Teachers and parents can use the Kindness Tracker to start conversations about what kindness looks like in everyday life—sharing, helping, listening, and using kind words. It supports social-emotional learning (SEL) by helping children understand that being kind to themselves is just as important as being kind to others.

Simple to use and beautifully designed, this free PDF can be printed and displayed as part of a wellbeing corner, PSHE lesson, or classroom reward system. The Kindness Tracker transforms kindness into a visual, goal-based habit, inspiring children to make compassion, gratitude, and positivity part of their daily routine.

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