



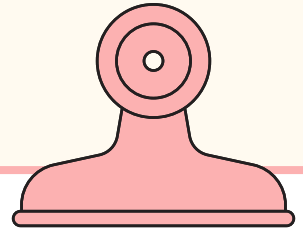
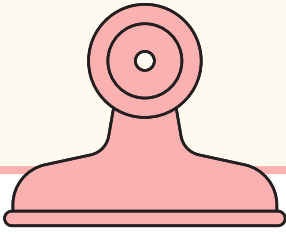
Kindness TRACKER



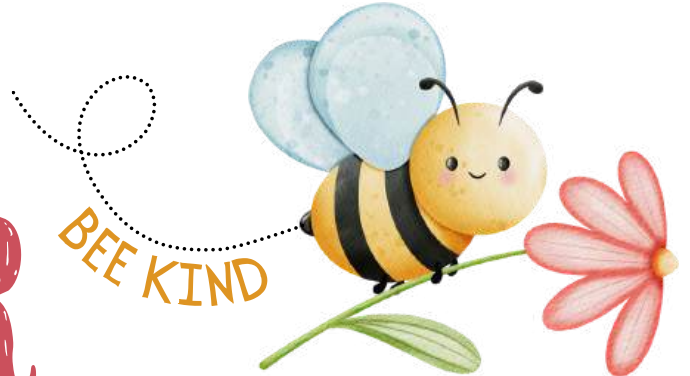
Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FREE DOWNLOAD

5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Kindness TRACKER



Activity

Mon

Tue

Wed

Thu

Fri

Sat

Sun

1

2

3

4

5

6

7

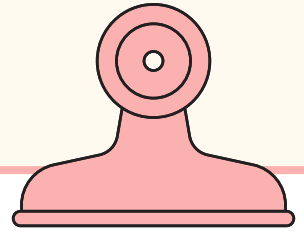
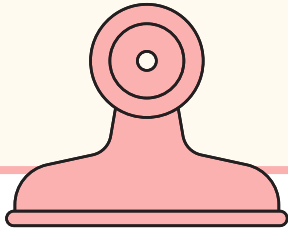
8

9

10

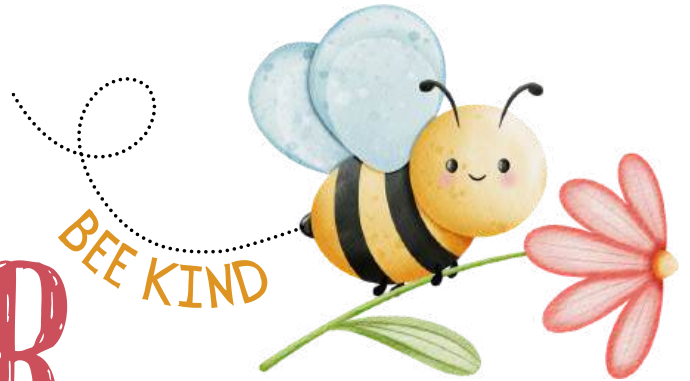
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





Kindness

TRACKER



SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM

www.SocialWorkersToolbox.com

Free social work
resources for
direct work



©EDITA STIBOROVA (2025) THIS PRINTABLE PDF DOCUMENT CAN BE USED AT NO CHARGE BY INDIVIDUALS AND NOT-FOR-PROFIT ORGANISATIONS FOR THEIR WORK WITH FAMILIES AND/OR TRAINING AS WELL AS UPLOADED TO OTHER WEBSITES PROVIDING THAT NO CHANGES ARE MADE TO ITS CONTENT.

About this Resource

This Kindness Tracker is a free, printable PDF resource designed to help children notice, record, and celebrate their daily acts of kindness. With its bright, bee-themed design and simple weekly tracker format, it encourages positive behaviour, empathy, and mindfulness in a fun, motivating way.

Children can tick or colour a box each day they do something kind—whether it's helping a friend, sharing, using kind words, or showing care for others.

Perfect for classrooms, therapy sessions, or home use, this kindness chart supports social-emotional learning (SEL) by building awareness of how small actions make a big difference. Teachers and parents can use it to start conversations about kindness, empathy, gratitude, and positive relationships, reinforcing the idea that kindness is a choice we can practice every day.

This free PDF resource can be displayed on walls, used in journals, or included in reward systems. By tracking kind acts, children begin to develop habits of compassion and self-reflection—helping to create calmer classrooms, happier homes, and more caring communities.

www.SocialWorkersToolbox.com