Ages 4–8

My Kindness Challenge

Name _____ Date _____

Try one kind act each day for seven days. Check the box when you do it!

Day 1	Say "thank you" to someone who helps you.	☐
Day 2	Share a toy, a book, or a snack.	☐
Day 3	Draw a picture for someone you love.	☐
Day 4	Help clean up without being asked.	☐
Day 5	Say something kind about a friend or family member.	☐
Day 6	Invite someone new to play with you.	☐
Day 7	Make a card for someone who works hard for you.	☐

My favorite kind moment this week:

Being kind made me feel:

(circle one)



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