**“TK Kindness Cookie Challenge” KINDNESS CHART**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Directions: Color in each box once you perform that Act of Kindness. Fill-in the blank squares with kindness acts of your own ☺

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| Make someone’s day by showing them your SMILE ☺ | Do an extra chore. What was it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Give someone a high-five  (or air-five) ☺ | DRAW someone a picture. Who did you draw it for? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Spend time with your family. What did you do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Hold the door open for someone |
| Help clean-up | Share something. What did you share?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Say, “Please” | Say, “Thank you” | Give someone a flower (you can make your own, too!) | Give a compliment |
| Say, “I love you” | Color a picture for someone | Hug a family member  (or air hug) ☺ | Learn something new. What did you learn? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Make a gift for someone. What did you make? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Donate a toy that you don’t play with anymore |
| Tell a joke to make someone laugh ☺ | Help set the table for dinner | Sing a song to someone | Say hello to your neighbor | Help make your bed | Be a good listener |
| Fill-in your own here | Fill-in your own here | Fill-in your own here | Fill-in your own here | Fill-in your own here | Fill-in your own here |

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Directions: Fill-in the blank squares with kindness acts of your own ☺

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