


Name \_\_\_\_\_ Date \_\_\_\_\_

Book Companion Pack: **THE DAY YOU BEGIN**

## KINDNESS ACTIVITY

Directions: Using the list below, choose 3-5 kind things to do today for someone in your class, Cross out each activity after you complete it.

Hold the door for someone	Give someone a compliment	Write someone a thank you note
Push in someone's chair		Eat lunch with someone new
Ask someone new to play at recess	Ask someone if they need help	Apologize if you do something wrong