Children sometimes need practice being kind, especially if examples are not evident in their lives. Give them simple scenarios they can act out or play a kindness game using these Kindness Cards. Three sample cards are provided. Use the Blank cards to come up with your own.

Compliment Someone

Help Cook Dinner

Write a Note of Gratitude to Someone

Ideas: Write notes to your neighbors offering words of encouragement. Call family members. Help feed your pets. Clean the dishes.