



Kindness Slips

Cut the slips of paper apart and put them in a box, bag, or jar. Then, you can pick an act of kindness to do randomly. Use the blank ones to write your own.

put a note or a treat in your mailbox thanking your mail carrier.

Make a bracelet for your sibling or friend.

Give some of your old clothes, books, or toys away to someone in need.

Watch a film at the same time as a friend or family member.

send a motivational text.

Help with a household chore.

send a text to someone saying you are grateful for them.

call someone who is far away.

Have a lunch with someone.

offer support to neighbors.

Have a "tea time" and catch up with a friend.

Have a dance party.