

# Everyday Kindness Checklist

My Name: \_\_\_\_\_

Try to check off all the boxes! Get creative and add your own!

- Include someone who is sitting alone
- Smile at someone you don't know very well
- Clear your plate without being asked
- Stand up for a friend when they need it
- Take your neighbour's dog for a walk
- Play with your brother or sister
- Give someone a compliment
- Let someone else go first
- Make up a game and ask someone new to play with you
- Pick up garbage you see on the road
- Bake some cookies for a friend or family member
- Write a letter to a friend and mail it to them

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