Show Some Kindness to Others This Week:

Acts of Kindness and small gestures can bring joy to others and by helping others, we too benefit in these stressful times. In fact, by thinking about and doing things to help others, we can reduce our own stress.

In this activity there are two parts. In the first part, you use the worksheet to brainstorm about all the people you could be kind to and how you could show them kindness.



In the second part, you can use the worksheets provided to create kindness messages for the people you care about in your life.



Go ahead! Spread some kindness this week!