

This booklet belongs to

REMINDER

KINDER

BE

KIND THINGS TO DO

- Write a note.
- Express your thanks.
- Give a pat on the back.
- Encourage someone.
- Give a compliment.

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KINDNESS LOG

- Day 15
- Day 16
- Day 17
- Day 18
- Day 19
- Day 20
- Day 21

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KIND THINGS TO SAY

- I love you.
- You're the best!
- Good job.
- Nice try!
- Thank you.
- Can I help?
- I appreciate that.
- That's really nice of you.

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KINDNESS LOG

Starting Date:

I was kind to:

- Day 8
- Day 9
- Day 10
- Day 11
- Day 12
- Day 13
- Day 14

- Day 1
- Day 2
- Day 3
- Day 4
- Day 5
- Day 6
- Day 7

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