

JULESY'S

KINDNESS CHALLENGE



Kind hearts make our little world brighter!

Julesy sees little moments every day where kindness can make a big difference. Read each situation and circle the **KIND** response. What would YOU do?

1

You see a new student sitting alone at lunch.



A

Ignore them.

B

Invite them to sit with you.

2

Your friend is upset because she didn't do well on a test.



A

Laugh and walk away.

B

Listen and encourage her. "You'll do better next time!"

3

You find a toy on the playground that isn't yours.



A

Keep it.

B

Take it to a grown-up so we can find the owner.

MY KIND CHOICE GOAL:

This week, I will choose kindness by _____



WHAT WOULD JULES DO?

Good choices come from kind hearts.

1 MATCH IT!

Draw a line to match each feeling with the kind action that helps.



Someone looks sad.



Listen and ask, "Are you okay?"



Someone looks angry.



Take a deep breath and use kind words.



Someone looks worried.



Share a smile and cheer them up!

2 MAKE IT BETTER!

Look at the problem. What could you do to make it better with kindness? Write or draw your idea.

Your friend forgot her pencil.



Someone is being left out of a game.



Kind today, leader tomorrow. 

2

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MY BIG-HEART PLAN

I can make the world better with my kindness!

1 TODAY I CAN BE KIND BY...

Write one way you will show kindness today.

2 MY KIND ACT

Draw a picture of a kind thing you will do
(or something kind you did!).



YOU DID IT!

This certifies that

_____ is an official

KINDNESS CHAMPION!

Keep spreading kindness everywhere you go!

Signed,
♥ Julesy



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You're amazing just the way you are! ♥

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