



JULESY'S KINDNESS Challenge

BE KIND • SHARE LOVE • CHANGE THE WORLD



KINDNESS CLUES

-  Be kind to everyone.
-  Use kind words.
-  Help others.
-  Listen and care.
-  Share and include.
-  Make the world better every day!

1 KIND OR NOT?

Circle the pictures that show KINDNESS.



Help a friend.



Give a
compliment.



Be mean.



Share.



KINDNESS IN ACTION!



1 COUNT THE KINDNESS

Count the pictures in each row and write the number.



2 KINDNESS MATCH

Draw a line to match each act of kindness to how it helps.



Share your toys.



It makes others feel happy.



Help someone.



It shows you care.



Say something kind.



It helps everyone be friends.



Listen to a friend.



It can brighten someone's day.



Include others.



It makes a big difference.

3 COMPLETE THE SENTENCE

Fill in the blank.



Kindness is _____

because _____



MY KINDNESS PLAN

Draw or write 3 ways YOU can show kindness this week!

1



2



3



TODAY I...

- ☐ Was kind.
- ☐ Used kind words.
- ☐ Helped someone.
- ☐ Shared.
- ☐ Included others.
- ☐ Made someone smile!

I am so proud of me!



Small acts
of kindness
can change
someone's day...
and the world!



★ OFFICIAL ★

KINDNESS CHAMPION!

This certifies that _____

is a Kindness Champion!

Thank you for making the world
a kinder and better place!

Signed: _____ Date: _____

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