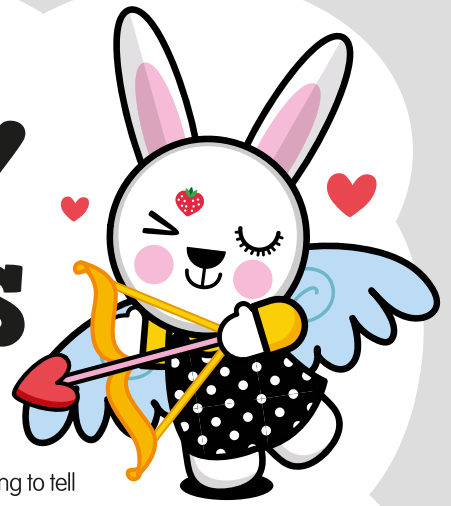




25-DAY KINDNESS COUNTDOWN



Share this Kindness Countdown with your kids. As they do each act of kindness, they'll come running to tell you and **they can colour in that heart to mark that complete.** Hopefully, by the end of the month, they'll have coloured in all the hearts.

Make a friend a card	Clean up your room	Tell someone "Have a nice day!"	Make or give someone a snack	Give someone a big hug
Let a sibling pick first	Make someone a gift	Invite someone to play	Donate an old book	Tell someone "Good Job!"
Help a friend	Call someone you haven't spoken to	Say thank you	Make your bed	Do an extra chore
Give someone a high-five!	Work with someone new	Spread some good news	Look after yourself	Bake a cake to cheer someone up
Let someone else go first	Pick up rubbish	Smile at everyone	Tell a joke and make someone laugh	Look for ways to be helpful