

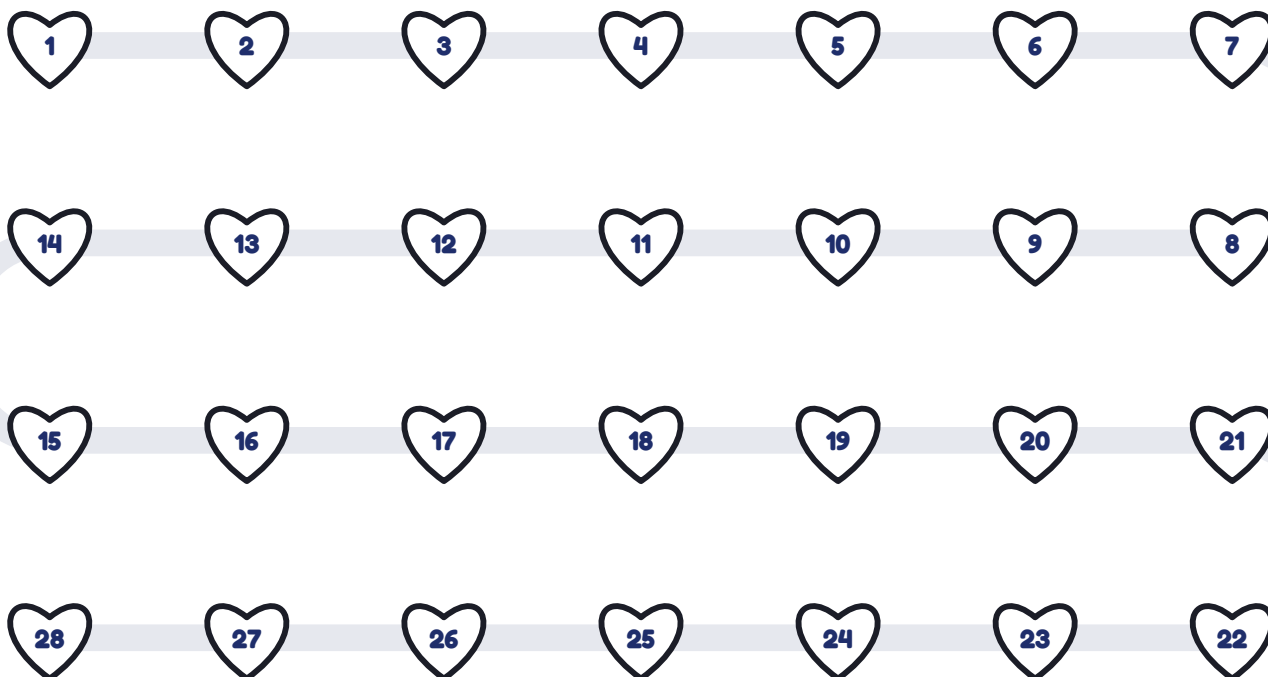


Kindness Tracker for Kids

Colour a heart every time you do something kind. Follow the path all the way to the panda!

Name _____

Date _____



You did it! 28 kind acts!



Kind things I did

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Kindness ideas

- ☆ Hold the door open
- ☆ Share your snack
- ☆ Help tidy up
- ☆ Make a card for someone
- ☆ Give a kind word
- ☆ Play with someone who's alone
- ☆ Feed the birds
- ☆ Help a grown-up cook
- ☆ Visit someone who is ill
- ☆ Say thank you