

ONE-DAY KINDNESS CHALLENGE

Print and cut out these kindness cards, bookmark, and mini kindness-to-go list to use on your one day kindness challenge!

Kindness is Contagious...

Pass it on.

A Case for Kindness by Lisa Barrickman



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Kindness To-Go

Here is a list of simple act of kindness for your day . . . but the opportunities are limitless! Take these ideas with you on the go so you always have a way to show kindness in your pocket.

1. Say good morning to ten people
2. Pick up an extra coffee for a co-worker
3. Return all the carts to the corral at the grocery store
4. Anonymously pay for someone's meal
5. Invite someone to go in front of you in line
6. Send a card to a friend who has been on your mind
7. Take in your neighbor's trashcans
8. Surprise a family member with a favorite treat . . . just because
9. Give someone the gift of time, even if it's a super busy day
10. Choose positive words

