SAMPLE KIDS' KINDNESS CHRONICLE

Kids will enjoy keeping track of their daily acts of kindness. These charts are particularly useful for younger children who might not be able to write full journal entries. For older kids and adults, journaling is recommended, but if you prefer this method . . . go for it.

The next two pages are a template your kids can fill out themselves. When you print these pages, you can print them two-sided and get all forty days on one sheet. Consider making these available for your Kindness Initiative.

Date	Forty Days of Kindness: Kids Daily Kindness Chronicle
11/1	Did the dishes without being asked.
11/2	Offered my snack to a friend.
11/3	Picked up trash that wasn't mine.
11/4	Community service project with my family.
11/5	Gave a classmate some chocolate and a note.
11/6	Asked someone to play with me and my friend at recess.
11/7	Let someone go in front of me in line at lunch.
11/8	Gave up my really good seat on the bus.
11/9	Did a chore when it wasn't my turn.
11/10	Helped someone even though they aren't always nice to me.
11/11	Took a muffin to my teacher.
11/12	Donated two dollars of my own money to charity.
11/13	Made my sister's bed.
11/14	Donated books I've out grown to the nursery at church.

Date Days 1-20	Forty Days of Kindness: Kids Daily Kindness Chronicle

Based on the book *A Case for Kindness* by Lisa Barrickman.

Date Days 21-40	Forty Days of Kindness: Kids Daily Kindness Chronicle

Based on the book *A Case for Kindness* by Lisa Barrickman.