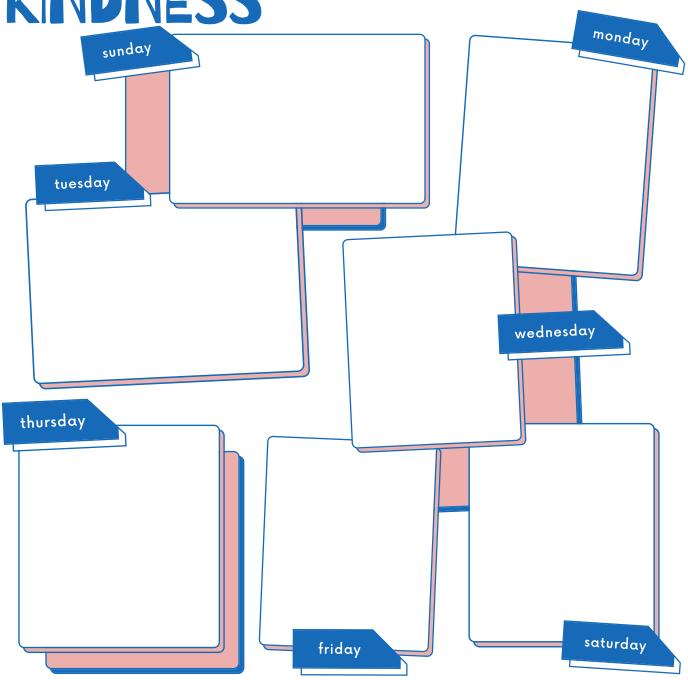
## 5 WAYS I CAN SHOW KINDNESS

## A KINDNESS DIARY

Colour a square as you complete kind acts throughout your week. Add your own kind acts in empty squares. Make sure to complete at least 5 squares.



Bringing kindness & empathy to your day.