

Name \_\_\_\_\_

Date \_\_\_\_\_

# 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.

sunday

tuesday

thursday

friday

wednesday

monday

saturday

Bringing kindness & empathy to your day.

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