



Try at least one of these little acts of kindness this week and watch how it makes someone else feel!

## LITTLE ACTS OF Kindness

1. Smile at someone
2. Do an extra chore at home without being asked
3. Give an honest compliment
4. Tell a family member how much you love and appreciate them.
5. Be a good listener
6. Offer your help to someone at home
7. Ask someone how their day is going
8. Make a family member a drink or snack (age dependent)
9. Spend special time with a family member or your pet.
10. Send a message to someone you haven't spoken to for a while

Please always remember to follow the rules of social distancing where needed!