

IT'S COOL TO BE KIND!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	OFFER TO HELP SOMEONE OUT	DO AN UNEXPECTED CHORE	HELP CLEAN THE DISHES	GIVE SOMEONE A KIND COMPLIMENT
TUES	CLEAN YOUR ROOM WITHOUT BEING ASKED	HOLD THE DOOR OPEN FOR SOMEONE	DONATE OLD TOYS/BOOKS	HUG A FAMILY MEMBER
WEDS	LEAVE HAPPY NOTES AROUND THE HOUSE	READ TO A SIBLING/PET	LET SOMEONE GO AHEAD OF YOU IN THE LINE	TELL A JOKE TO MAKE SOMEONE LAUGH
THURS	SMILE AT EVERYONE YOU SEE TODAY	ASK SOMEONE HOW THEY ARE	INCLUDE SOMEONE NEW IN YOUR GAMES	PICK UP SOME LITTER THAT ISN'T YOURS
FRI	TELL A FAMILY MEMBER WHAT YOU LOVE ABOUT THEM	CLEAN UP A MESS YOU DIDN'T MAKE	THANK AN ADULT FOR SOMETHING THEY DO FOR YOU	CREATE YOUR OWN KINDNESS ACT