

make kindness the norm.

Use the following worksheet to list five normal day-to-day activities on the left. Then in the next column, write how you can accomplish the same activity, but with an added element of kindness. For example, "floss & brush teeth" might be upgraded to "Think of five things I'm grateful for today while brushing & flossing." This is an excellent way to think of opportunities to thoughtfully include more kindness in our daily lives while still getting our normal tasks done.

List five normal day-to-day activities in this column...

Now list the same activity, but with an added element of kindness...

1	
2	
3	
4	
5	

Please post your ideas to social media to inspire others.

#explorethegood #makekindnessthenorm

RANDOM ACTS OF KINDNESS
FOUNDATION

www.randomactsofkindness.org