

# Kindness Week Checklist

Things to do every day:

1. Share a smile.
2. Say 'Hello!'
3. Chat with a friend.
4. Play outside.
5. Drink some water.
6. Laugh out loud.
7. Take a picture.
8. Draw a happy face.
9. Say 'I love you!'
10. Give yourself a hug.

  
  
  
  
  
  
  
  
  
  
