

# Kindness Ripples!

For this activity, you will need:

- Pen or pencil

Make a list of ways that you can be kind to others. Try to do at least one kind thing every day and see how it makes you feel.

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Suggestions:

You can smile, say thank you, offer to help someone, be encouraging, give a hug, and tell someone they are special to you.

Did you know that being kind to others makes you feel happier too? It is a gift that gives right back to you!

Remember to take the verses you decorated on day 2 and read one of them...