## 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.



