

Name: _____

Date: _____

• Kindness & Compassion •

Directions: Complete the tasks. Record each completed task in your log, journal, or another sheet of paper.

#1

Write your own story or comic about someone who showed kindness to others.



#2

Self-love and self-compassion are also important! List 5 ways you can be kind to yourself.



#3

Do something kind for someone. Write about how it made them (and you) feel!



#4

Make a list of 15 kind things you can do for others.



#5

Draw a picture of a time someone was especially kind to you. Think about how it made you feel.



#6

Write a kind note or letter to someone else and give it to them.



#7

Spend time today helping someone in need. Summarize what you did and how you helped.



#8

What are some positive things you can say to others to lift them up?



#9

Start a chain reaction! Be kind to someone else and encourage them to pass it on!



Name: _____

Date: _____

• Responsibility •

Directions: Complete the tasks. Record each completed task in your log, journal, or another sheet of paper.

#1

Draw a picture of yourself doing something in a responsible way.



#2

Write a letter to your principal nominating yourself for the responsibility award. Explain why you deserve it!



#3

Make a chart showing at least five of your responsibilities at school and why they are important.



#4

List all the words you can that relate to responsibility.



#5

How can being responsible help you feel proud of yourself?



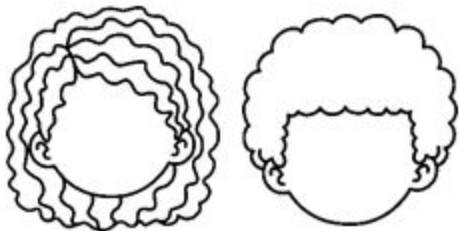
#6

In your own words, what does it mean to make a "good choice?"



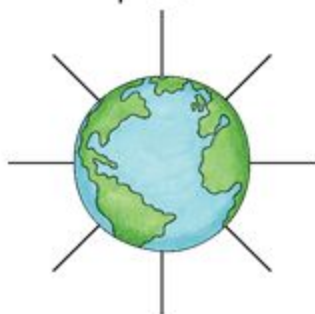
#7

Draw a portrait of someone you know who is a leader. List the qualities that make them a leader.



#8

List 8 things you can do to make the world a better place.



#9

Draw a scene from a book, movie, or show where a character does something responsible.

