COMMUNITY KINDNESS JOURNAL

NAME: ____________________________

GRADE: __________ SCHOOL: __________
Why is kindness important?

1) Being kind makes you happier!
2) If you are kind you will have more friends.
3) Being kind makes you healthier.
4) Being kind helps you love life!
5) Being kind helps you focus and do better in school.
6) Kindness will make your school have less bullying!
BE KIND TO YOURSELF
How can I be kind to myself?

★ Stretch! Stretching in the morning is very good for our health.
★ Be active and drink plenty of water! Exercising and drinking water are two of the best things we can do to treat our body with kindness.
★ Remember nobody is perfect and mistakes are OK! That’s how we learn.
★ Express yourself. Write poetry, write in a diary, and make art.
★ Be honest! Always speak the truth, even when it’s very difficult.

In the space below, draw a picture of how you will be kind to yourself this week.
BE KIND TO YOURSELF
How can I be kind to myself?

★ Stretch! Stretching in the morning is very good for our health.
★ Be active and drink plenty of water! Exercising and drinking water are two of the best things we can do to treat our body with kindness.
★ Remember nobody is perfect and mistakes are OK! That’s how we learn.
★ Express yourself. Write poetry, write in a diary, and make art.
★ Be honest! Always speak the truth, even when it’s very difficult.

In the spaces below, write all of the acts of kindness that you do for yourself each day this week.

On Monday, I...

On Tuesday, I...

On Wednesday, I...

On Thursday, I...

On Friday, I...

On Saturday, I...

On Sunday, I...
BE KIND TO YOUR FAMILY

How can I be kind to my family?

★ Write them thank you letters!
★ Say please, thank you, and I love you as much as you can.
★ Use positive language with your brothers and sisters and cousins.
★ Ask, “How was your day today?” and “Can I help?” Sometimes just asking is great enough.
★ Always tell your family that you appreciate them!

In the space below, draw a picture of how you will be kind to your family this week.
BE KIND TO YOUR FAMILY

How can I be kind to my family?

★ Write them thank you letters!
★ Say please, thank you, and I love you as much as you can.
★ Use positive language with your brothers and sisters and cousins.
★ Ask, “How was your day today?” and “Can I help?” Sometimes just asking is great enough.
★ Always tell your family that you appreciate them!

In the spaces below, write all of the acts of kindness that you do for your family each day this week.

On Monday, I...

On Tuesday, I...

On Wednesday, I...

On Thursday, I...

On Friday, I...

On Saturday, I...

On Sunday, I...
BE KIND TO YOUR FRIENDS

How can I be kind to my friends?

★ Offer them food if they’re hungry and don’t have any.
★ Give them a pat on the back, high 5, or a hug when they need one.
★ Support your friends and encourage them. Say good job and nice try.
★ Help them out in school, during class, and at soccer.
★ Always give them a card or a gift on their birthday.

In the space below, draw a picture of how you will be kind to your friends this week.
BE KIND TO YOUR FRIENDS

How can I be kind to my friends?

★ Offer them food if they’re hungry and don’t have any.
★ Give them a pat on the back, high 5, or a hug when they need one.
★ Support your friends and encourage them. Say good job and nice try.
★ Help them out in school, during class, and at soccer.
★ Always give them a card or a gift on their birthday.

In the spaces below, write all of the acts of kindness that you do for your friends each day this week.

On Monday, I…

On Tuesday, I…

On Wednesday, I…

On Thursday, I…

On Friday, I…

On Saturday, I…

On Sunday, I…
BE KIND TO ANIMALS

How can I be kind to animals?

★ Be respectful and nice to animals.
★ Pet animals gently.
★ Take time to play with them or take them for walks.
★ Offer stray animals food and water when you can.
★ Set up a water bowl for wildlife in your backyard.

In the space below, draw a picture of how you will be kind to animals this week.
BE KIND TO ANIMALS
How can I be kind to animals?

★ Be respectful and nice to animals.
★ Pet animals gently.
★ Take time to play with them or take them for walks.
★ Offer stray animals food and water when you can.
★ Set up a water bowl for wildlife in your backyard.

In the spaces below, write all of the acts of kindness that you do for animals each day this week.

On Monday, I...

On Tuesday, I...

On Wednesday, I...

On Thursday, I...

On Friday, I...

On Saturday, I...

On Sunday, I...
BE KIND TO YOUR TEACHER

How can I be kind to my teacher?

★ Follow classroom rules.
★ Practice good manners and greet your teacher with a smile every time you see them.
★ Pay attention during class.
★ Be a role model to others and be helpful whenever you can.
★ Raise your hand before speaking.

In the space below, draw a picture of how you will be kind to your teacher this week.
BE KIND TO YOUR TEACHER

How can I be kind to my teacher?

★ Follow classroom rules.
★ Practice good manners and greet your teacher with a smile every time you see them.
★ Pay attention during class.
★ Be a role model to others and be helpful whenever you can.
★ Raise your hand before speaking.

In the spaces below, write all of the acts of kindness that you do for your teacher each day this week.

On Monday, I...

On Tuesday, I...

On Wednesday, I...

On Thursday, I...

On Friday, I...

On Saturday, I...

On Sunday, I...
BE KIND TO SOMEONE YOU DON’T KNOW

How can I be kind to someone I don’t know?

★ Smile often, say “Hello!” to kids at your school who you don’t know, ask their name, and include people in games and activities.
★ Hold the door open for someone.
★ Donate your old clothes and toys to people in need.
★ Do a lemonade stand to raise money for someone in need.
★ Clean up after yourself at school and in public places.

In the space below, draw a picture of how you will be kind to someone you don’t know this week.
BE KIND TO SOMEONE YOU DON'T KNOW

How can I be kind to someone I don’t know?

★ Smile often, say “Hello!” to kids at your school who you don’t know, ask their name, and include people in games and activities.
★ Hold the door open for someone.
★ Donate your old clothes and toys to people who need them.
★ Do a lemonade stand to raise money for someone who needs it.
★ Clean up after yourself at school and in public places.

In the spaces below, write all of the acts of kindness that you do for someone you don’t know each day this week.

On Monday, I…

On Tuesday, I…

On Wednesday, I…

On Thursday, I…

On Friday, I…

On Saturday, I…

On Sunday, I…
BE KIND TO THE ENVIRONMENT

How can I be kind to the environment?

★ Save water! Take short baths and showers.
★ Drink water out of reusable water bottles and avoid wasting plastic.
★ Plant trees, water trees, and take care of plants.
★ Save energy! Turn off the lights and the TV when you leave the room.
★ Recycle! Recycle! Recycle!

In the space below, draw a picture of how you will be kind to the environment this week.
BE KIND TO THE ENVIRONMENT

How can I be kind to the environment?

★ Save water! Take short baths and showers.
★ Drink water out of reusable water bottles and avoid wasting plastic.
★ Plant trees, water trees, and take care of plants.
★ Save energy! Turn off the lights and the TV when you leave the room
★ Recycle! Recycle! Recycle!

In the spaces below, write all of the acts of kindness that you do for the environment each day this week.

On Monday, I...

On Tuesday, I...

On Wednesday, I...

On Thursday, I...

On Friday, I...

On Saturday, I...

On Sunday, I...
BE KIND TO YOUR COMMUNITY

How can I be kind to my community?

★ Pick up trash every time you see it, whether you’re on the street, at home, or at school. Always try to make your community clean.
★ Use good manners, say please, thank you, and hello when you’re out in public.
★ Volunteer at community events.
★ Help your neighbors with carrying groceries.
★ Always set a great example for others to see and follow.

In the space below, draw a picture of how you will be kind to your community this week.
BE KIND TO YOUR COMMUNITY

How can I be kind to my community?

★ Pick up trash every time you see it, whether you’re on the street, at home, or at school. Always try to make your community clean.
★ Use good manners, say please, thank you, and hello when you’re out in public.
★ Volunteer at community events.
★ Help your neighbors with carrying groceries.
★ Always set a great example for others to see and follow.

In the spaces below, write all of the acts of kindness that you do for your community each day this week.

On Monday, I...

On Tuesday, I...

On Wednesday, I...

On Thursday, I...

On Friday, I...

On Saturday, I...

On Sunday, I...
SPREAD THE KINDNESS

Ask people at your school to be kind!

Why? The reasons we want people to be kind are:
1) Being kind makes you happier!
2) If you are kind you will have more friends.
3) Being kind makes you healthier.
4) Being kind helps you love life!
5) Being kind helps you focus and do better in school.
6) Kindness will make our school have less bullying!

Please write your name and grade below and agree be kind!

Name  Grade
1) ____________________________________________  
2) ____________________________________________  
3) ____________________________________________  
4) ____________________________________________  
5) ____________________________________________  
6) ____________________________________________  
7) ____________________________________________  
8) ____________________________________________  
9) ____________________________________________  
10) ____________________________________________  
11) ____________________________________________  
12) ____________________________________________  
13) ____________________________________________  
14) ____________________________________________  
15) ____________________________________________  

18
1) Think about the things that are most important to you and your community.
2) Draw pictures or symbols below that represent you and your community.
3) Write 1 or 2 things that are most important to you and your community.

The most important thing to me and my community is...

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

Example #1

Example #2
**Community Action Ideas**

1) Below on the left, write 1 or 2 issues you care about or a problem you see.

2) Can you think of 1 or 2 things you could do to make your community better? Write your “Action Ideas” on the right side below.

<table>
<thead>
<tr>
<th>Issues/Problems</th>
<th>Action Ideas</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>For example:</strong></td>
<td><strong>For example:</strong></td>
</tr>
<tr>
<td>An issue that I care about is... pollution. The problem is people and companies litter and create pollution that makes our rivers, oceans and lakes dirty.</td>
<td>We could write a letter to the governor asking him to not allow big businesses to waste water and make pollution. We could teach people about why clean water is so important. We could write a poem about how pollution affects all living things. Make a video of the poem and share it on Social Media.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>An issue I care about is...</th>
<th>To make it better we could...</th>
</tr>
</thead>
<tbody>
<tr>
<td>__________________________</td>
<td>______________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________</td>
</tr>
<tr>
<td>__________________________</td>
<td>______________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A problem I see is...</th>
<th>To make it better we could...</th>
</tr>
</thead>
<tbody>
<tr>
<td>______________________</td>
<td>____________________________</td>
</tr>
<tr>
<td>______________________</td>
<td>____________________________</td>
</tr>
<tr>
<td>______________________</td>
<td>____________________________</td>
</tr>
<tr>
<td>______________________</td>
<td>____________________________</td>
</tr>
<tr>
<td>______________________</td>
<td>____________________________</td>
</tr>
</tbody>
</table>

For example:

An issue that I care about is... pollution. The problem is people and companies litter and create pollution that makes our rivers, oceans and lakes dirty.

We could write a letter to the governor asking him to not allow big businesses to waste water and make pollution.

We could teach people about why clean water is so important.

We could write a poem about how pollution affects all living things. Make a video of the poem and share it on Social Media.
Kindness Reflection

1) Think about your acts of kindness and how it felt to be kind.
2) Answer the questions below!

1) How did you help your community?

2) Who did you help?

3) How did it make you feel to be kind and help people?

4) How will you continue to be kind and help people in the future?