

Daily Activity for Monday, September 28

Acts of Kindness Monday!

Practice these acts of kindness with friends, family, neighbors and staff!

Examples:

- Smile
- Wave Hello
- Thank someone
- Hold the door open
- Offer to help with groceries
- Offer to help with yard work or planting
- Be a good listener
- Give your friends some ideas of good books and movies
- Ask someone how their day is going
- Ask a friend to hang out over zoom or on the phone

Keep a journal of things you like to do for others and things that make you happy! Here are some printable lined paper you can use:

<https://www.dadsworksheets.com/worksheets/handwriting-paper-printable-lined-paper.html>