

THIS IS MY

Be kind day

JOURNAL

Be kind

Spread joy

Share a smile

Be positive

Be nice



I have ...

HERE ARE SOME IDEAS... Cleared my *table*... Cleared my *plate*...
Shared a *smile*... Gave a *hug*... Said *hello*... Got to *know people*...
Spreading *joy*... Being *helpful* and *friendly*... Being *positive*...
Making someone *laugh*... Always being *kind*...

Motivate others

Show you care

Listen

Smile

Ask - are you ok?

Make someone laugh

IF WE ALL *do small things*,
WE CAN *spread* A LOT OF

kindness!