



COEUR D'ALENE PUBLIC LIBRARY

# KINDNESS CHECKLIST

Give someone a compliment

Say thank you to a grocery store worker, mail carrier, sanitation worker, or animal shelter worker (either by calling, by emailing, or while making sure to stand at least six feet away)

Write a kind note in sidewalk chalk for a stranger to see

Make a happy note in large letters and put it in your window for passersby to see

Send a kind email

Draw a picture for someone

Ask someone how they are doing

Read someone a story

Write a letter and mail it to someone (with their permission)

Clean your room without being asked

Invent your own kindness activity: \_\_\_\_\_

Invent your own kindness activity: \_\_\_\_\_

Invent your own kindness activity: \_\_\_\_\_