

LEARN
KIND



KINDNESS QUEST

 **Even during a pandemic, kindness is all around us.**

Sometimes, kindness is hiding in plain sight. For the next 2 days, go on a quest to uncover the kindness that is already taking place in your home. Check off each kind act that you spy, and record your total at the end. How much kindness will you find?



Someone calls an old friend or a relative they haven't talked to in a while



Someone asks a family member what they can do to help



Someone shares their toys or games with a family member



Someone gives a hug



Someone stays inside, even though they want to go out



Someone makes a card or postcard and sends it



Someone sends a Happy Birthday video or email



Someone lets a family member pick the movie or tv show



Someone helps a family member make a meal or prepare a snack



Someone asks a family member how they're feeling



Someone cleans up after themselves



Someone gives a compliment or shares what they like about someone else



Someone says "thank you" when somebody does something for them



Someone holds the door for a family member



Someone shared the tablet or TV (even though it was their turn)



kindness.org



Someone helps a family member with a chore (without being asked)



A family member didn't say something unkind (even when they wanted to)



Someone greets a family member when they walk in the room



Someone makes someone else laugh with a funny joke



Someone sends a compliment to a friend or classmate



Someone puts something in the window for passersby to see



Someone plays or sings a song for someone else



Someone apologizes to a family member or friend if they wronged them



Someone tells a family member they love them



Someone brings food to a family member.



Someone is respectful when a family member asks for space



Someone does a meditation or mindful breathing exercise

How many kind acts did you discover? _____

Family Discussion Questions

1. Which kind acts did you see today?

- How did the people receiving kindness feel? How could you tell?
- How about the person doing the kind act?
- How did looking for kindness make you feel?

2. Are you surprised by how many kind acts you discovered today?

- Why or why not?
- Does a challenging time change how we show kindness to each other?
- Can you think of any other ways to show kindness during a challenging time?

