



Kindness Scavenger Hunt

How many little sparks of kindness can you share or spot this week?

☐

Invite someone to join you

☐

Give a sincere compliment

☐

Help without being asked

☐

Write a thank-you note

☐

Let someone go first

☐

Make someone laugh

☐

Pick up something you did not drop

☐

Listen without interrupting

☐

Share something you enjoy

☐

Encourage someone who is trying

☐

Thank a helper

☐

Do one kind thing for yourself

My favorite kindness moment was...

Every kind choice adds a little more light.