Acts of Kindness Worksheet

Acts of kindness you enjoy doing

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Places you could do these acts of kindness

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People you could do these for

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Name 5 people who could really use an act of kindness (sick neighbor, stressed friend, etc.)

Person Kindness You Could Give

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Name 5 places that could use an extra hand (that you could volunteer your time with)

Location Services You Could Offer

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Name 5 places where you could drop small things off that would brighten someone’s day (retirement center, VA hospital, etc.)

Location Items You Could Give

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Other areas where you can show kindness to others.

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