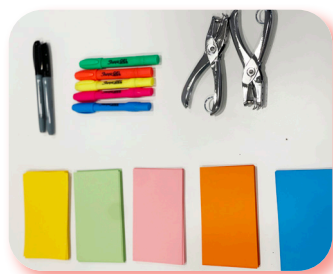




Kindness Punch Card



1. GATHER SUPPLIES

- Index cards, various colors
- Marker
- Hole punch



2. ADD A PERSONALIZED TITLE

Using a marker, title the top of an index card, personalizing the challenge (i.e. "Jane's Kindness Challenge")



3. BRAINSTORM KINDNESS ACTS

Acts of kindness can be at home, in the neighborhood, in the community (and beyond!)

4. FILL IN THE CARD(S)

- Group kindness goals by day of week, by week, or by type of act on index cards
- Draw a symbol to notate each kindness goal

5. MAKE YOUR MARK

Punch a symbol with each kindness act completed

