



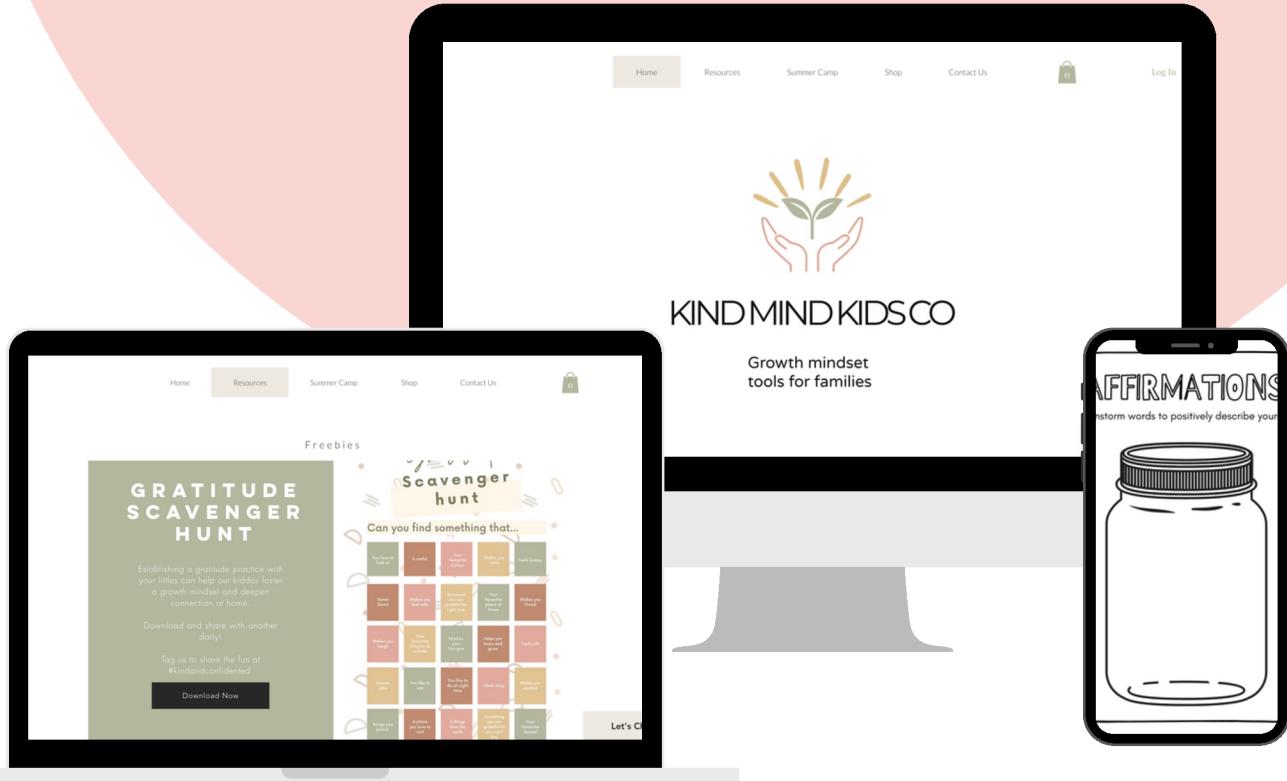
Valentines day Kindness CHALLENGE

Color the heart once do complete a challenge and spread Kindness this Valentines day.

Say something kind 	Say "I am proud of myself." 	Use kind words 	Wait your turn 	Say "thank you" to someone 
Smile at someone 	Give a compliment 	Invite someone to play 	Include someone 	Smile and say hello 
Give someone a compliment 	Say sorry if needed 		Be a good teammate 	Try something new 
Ask someone to play with you 	Help with a small job 	Hold the door or wait your turn 	Include someone in your game 	Say one nice thing about yourself 
Take 3 deep breaths 	Do something that makes you happy 	Say "I am proud of myself when..." 	Think of one good thing today 	Say "I believe in myself." 



Thank you so much for downloading!



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