



# KINDNESS

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Draw a picture or write a note for someone special		Join virtual recess to make a new friend		Help cook or bake something special
	Give someone a compliment		Call someone to tell them you love them	
Use your manners say "Please and Thank you!"		<b>FREE SPACE</b>		Tell someone a joke to make them smile or laugh
	Ask someone how you can help them		Clean up around your house without being asked	
Do something good for our planet		Read a book about kindness with your family		Play a board game with someone