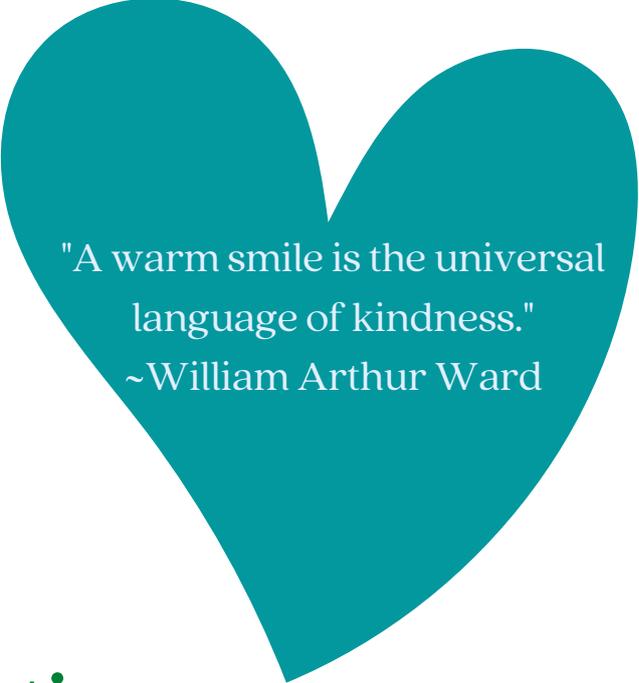


*My
Acts of Kindness
For Youth*

February 2022

Extension
UtahStateUniversity®





"A warm smile is the universal
language of kindness."
~William Arthur Ward

Introduction:

Studies have shown that being kind to ourselves and others (even a stranger), or actively observing kindness around us boosts happiness.

This is why we have created this kindness activity book. For seven days we have different acts of kindness that you can do. At the end of the seven days we hope you notice being happier!

This book is created for youth; we have a separate one for adults.

How to Participate:

Fill out this booklet every day for seven days from February 14th-20th. You can either write about what you did or paste a picture. By the end of day Wednesday, February 23rd be sure to fill out the google form provided by the Morgan County Extension Office. The link can be found on their website: extension.usu.edu/morgan or our facebook page: @usuextmorgan.

Those who complete the kindness challenge will receive a gift card to a local business.

Questions:

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Day 1

Monday:



Send a Valentine's Day Card to an elderly neighbor.



Day 2

Tuesday:



Help your teacher with a classroom project at break time.

Day 3

Wednesday:



Make a thank you note for a teacher, bus driver, janitor, or school crossing guards.



Day 4

Thursday:



Leave happy notes for friends, family and/or classmates.

Day 5

Friday:



Write a letter to your mom and dad saying why you think they are special.



Day 6

Saturday:



Tidy your bedroom without being asked.

Day 7

Sunday:



You choose your act of kindness for the day.



Additional Acts of Kindness



If you were unable to do one of the suggested acts of kindness throughout the week or need ideas for Sunday, here are some additional suggestions.

- Offer someone a genuine compliment.
- Sort through your toys to donate at a later date.
- Invite someone to play on the playgrounds.
- Babysit for free.
- Help clean up a mess.
- Tell your parents you love them.
- Read to a sibling.
- Call grandparents to say hi.
- Write a letter to someone who makes a difference.
- Make cookies for a neighbor or friend.