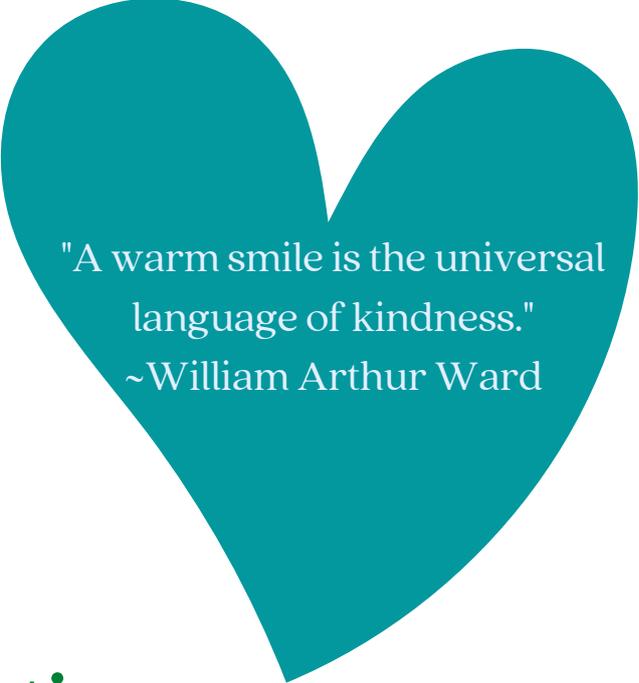


*My  
Acts of Kindness  
For Youth*

February 2021

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 8th-14th. You can either write about what you did or paste a picture. By the end of day Tuesday, February 16th 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](http://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:



*Sit by someone that is alone.*



# Day 2

## Tuesday:



*Give a thank you note to someone: janitor, bus driver, crossing guard, teacher, parent, etc.*

# Day 3

## Wednesday:



*Throw away a piece of garbage that you see on the ground when you are out and about.*



# Day 4

## Thursday:



*Tell you teacher something positive. Hold a door for someone.*

# Day 5

## Friday:



*Give a sincere compliment to someone.*



# Day 6

## Saturday:



*Use sidewalk chalk to write out positive messages or heart attack someone's door.*

# 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.*

- Clean up your room without being asked.
- Sort through your toys to donate at a later date.
- Send a Valentine's Day card to an elderly neighbor.
- 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.