



Kindness Club Weekly

A Girl With A Cape, HER MESSAGE IS TRUE:
 THE POWER TO MAKE THE WORLD KIND STARTS WITH YOU.
 TO BE KIND TO YOURSELF AND TO BE KIND TO OTHERS
 IS NOT ALWAYS EASY AS YOU MAY DISCOVER.
 BUT MAKE IT A HABIT AND THEN YOU WILL FIND
 THAT YOU ARE A NATURAL AND WERE BORN TO BE KIND



WEEK	THEME / TO DO
1	COMPLIMENT PEOPLE
2	WRITE KIND NOTES/CARDS AND SEND THEM TO PEOPLE IN THE MAIL
3	DO CHORES AROUND THE HOUSE WITHOUT BEING ASKED
4	INTERVIEW FRIENDS AT SCHOOL YOU DON'T KNOW VERY WELL TO SEE WHAT YOU HAVE IN COMMON
5	HAVE A "KINDNESS ROCKS" ROCK PAINTING PARTY AND THEN HIDE THE ROCKS THROUGHOUT THE COMMUNITY
6	CREATE "KINDNESS CHANGES THINGS" JARS, COLLECT CHANGE (PENNIES, NICKELS, DIMES, QUARTERS), THEN DONATE IT
7	TEXT PEOPLE ALL WEEK TO TELL THEM YOU ARE THINKING ABOUT THEM AND WISHING THEM WELL
8	CLEAN UP A NEIGHBORHOOD PARK
9	HELP PLAN/MAKE DINNER, SERVE EVERYONE, THEN CLEAN UP AFTERWARD
10	COLLECT CANNED GOODS/DRY ITEMS FOR A LOCAL FOOD PANTRY
11	HELP A TEACHER CLEAN THEIR CLASSROOM
12	SIT NEXT TO SOMEONE NEW AT LUNCH
13	READ TO YOUNGER STUDENTS
14	COLLECT OLD CLOTHES AND DONATE THEM TO A SHELTER

TO GET THE BOOKS OR MORE IDEAS, GO TO
www.GotYourCape.com.

15	SEND THANK YOU NOTES TO PEOPLE WHO HAVE DONE SOMETHING NICE FOR YOU OR SOMEONE ELSE
16	CREATE NOTES FOR YOUR TEACHERS TELLING THEM HOW MUCH THEY'VE HELPED YOU LEARN SO FAR
17	CREATE KINDNESS ART , SELL FOR \$0.25 EACH AND DONATE THAT MONEY TO A LOCAL CHARITY
18	HAVE A PARTY TO TALK ABOUT & CELEBRATE ALL THE KIND THINGS YOU'VE DONE SO FAR!
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35	CREATE KINDNESS ART , SELL FOR \$0.25 EACH AND DONATE THAT MONEY TO A LOCAL CHARITY
36	HAVE A PARTY TO TALK ABOUT & CELEBRATE ALL THE KIND THINGS YOU'VE DONE THIS YEAR & HAND OUT CERTIFICATES!



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