



STEP 1. Get a bag

We used a brown paper lunch bag



STEP 2. Decorate the bag

Be as creative here as you like. Make it a project so your kids can take ownership.



STEP 3.

Put kind actions in the bag.

You can print up kind things to do at www.GotYourCape.com or write a month's worth of your own.

Hug Someone	Tell someone you love them	Pick up garbage on the floor
Make a card for someone	Hold the door open for someone	Call a relative to say hello
Set the table	Pick up your room	Share your toys
Help with lunch or dinner	Tell someone they look pretty or handsome	Take the garbage out
Draw someone a picture	Share a snack	Do a chore without being asked

STEP 4.

Pick one everyday & do it :-)

Then you can watch the kindness start to happen. Parents can pick one too. After a whole month, talk about it :-)