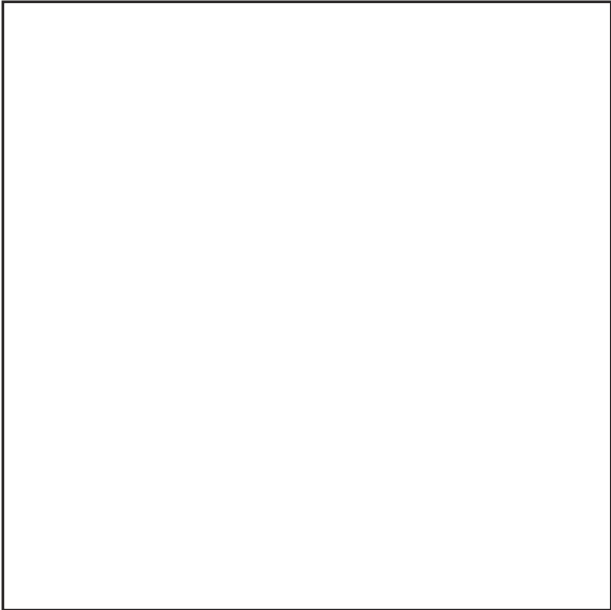
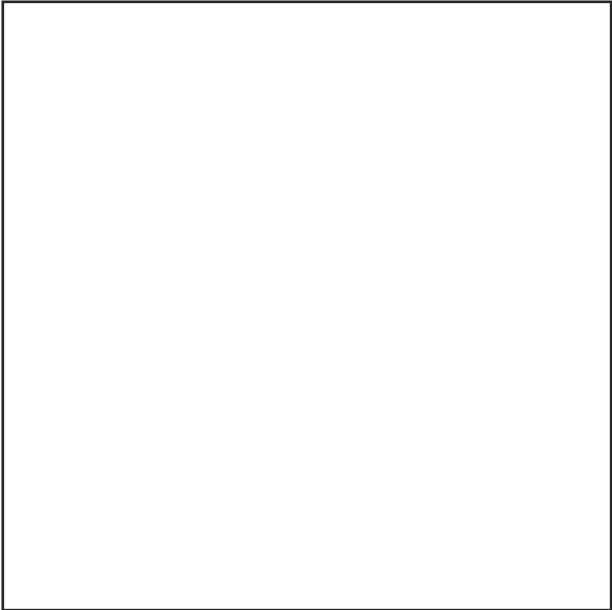


My Kindness Journal

Each day, I will record something kind I did.

Day 1 _____	Day 2 _____	Day 3 _____
Who I was kind to? _____	Who I was kind to? _____	Who I was kind to? _____
What did I do? _____	What did I do? _____	What did I do? _____
Draw a picture of it: 	Draw a picture of it: 	Draw a picture of it: 