

# Kindness Journal



This is a page you can fill out each night to help you remember to practice kindness every day!

Example:

Today is Friday  
(day of the week)

Today, I was kind to Mommy  
(a name)

when I Helped with the supper  
(what you did that was kind)

Tomorrow, I will be kind to My brother  
(a name)

by Let him play with me.  
(what you plan to do that is kind)

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Hey kids if you thought that was fun and want to receive NEW kindness challenges every month, get your parents to sign you up for Ari's Kindness club at [www.arithelion.com/ariss-kindnes-club](http://www.arithelion.com/ariss-kindnes-club)

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Today is \_\_\_\_\_  
(day of the week)

Today, I was kind to \_\_\_\_\_  
(a name)

when I \_\_\_\_\_  
(what you did that was kind)

Tomorrow, I will be kind to \_\_\_\_\_  
(a name)

by \_\_\_\_\_  
(what you plan to do that is kind)



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