



Kindness Choice Cards

Choose one, change it or pass. An adult handles scissors and checks each idea is safe.

Cut on the outlines. Keep these cards in a paper envelope or safe container.

Make room

Ask whether someone would like a turn.
Waiting is okay.

Choose / change / pass

Offer help

Ask: Would a small helping hand be useful? Respect a no.

Choose / change / pass

Thank someone

Name one ordinary thing you appreciate.
You may write it.

Choose / change / pass

A listening moment

Invite someone to tell you one thing. Do not press for an answer.

Choose / change / pass

Share by choice

Offer a safe item only if you want to and have permission.

Choose / change / pass

Care for a space

Put away one safe item together. Ask an adult about heavy items.

Choose / change / pass



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Kind words

Write an encouraging sentence. Do not promise things you cannot do.

Choose / change / pass

A welcome

Ask how someone would like to join a game or activity.

Choose / change / pass

Notice effort

Mention a small effort you noticed, without giving a score.

Choose / change / pass

A quiet kindness

Choose a considerate action that needs no announcement.

Choose / change / pass

Check first

Before helping, ask what the other person actually needs.

Choose / change / pass

Choose your own

Invent a safe, welcome act of kindness, or choose to pass.

Choose / change / pass



Our Kindness Collection

Make a paper envelope, or use a clean, safe container. No glass jar is needed.

Adult scissors help: cut out the label. Never cut while holding it on a container. Tape it to a paper envelope or safe container.

OUR KINDNESS IDEAS

Pick one. Make it your own. Passing is welcome.



An idea our family would add

Draw or write an original, safe idea.

Keep cards private at home. Do not write contact information or another person's private story.