

	2 What's one small act of kindness you can do today?	3 How can you spread kindness at school?	
1 What's a small way to brighten someone's day?			4 What are 3 things you're feeling grateful for today?
8 How can you show kindness to someone new?			5 Who can you share your favourite snack or treat with today?
	7 How can you show appreciation for your family today?	6 What's a funny way to spread kindness to someone?	