



CHRONIC-JOY.ORG

A Little Bit Of Kindness To Brighten Your Day!

BITE-SIZED KINDNESS FOR KIDS

- Say please and thank you.
- Send a handwritten #PenToPaper letter by mail.
- Donate a toy.
- Greet your neighbors.
- Give a hug to someone you love.
- Do a chore for someone else.
- Say something nice about someone, just because.
- Say "I love you" to someone in your family.
- Spend time with Jesus today.
- Give a sibling an extra turn.
- Forgive someone for doing something unkind.
- Make Kindness Blessing Bags for delivery drivers. Include: small snacks, hot cocoa packets, and hand sanitizer, then tie them up with a gift tag.
- Bring a plate of cookies or muffins to your neighbor.
- Write Kindness Postcards for people in the hospital or at a local nursing home.
- Share your favorite Bible verse or dinner prayer.
- Clean your room or take out the trash without being asked.



Jesus life overflowed with kindness!

- How does it make you feel to be kind?
- How do you feel when others are kind to you?
 - Who can you be kind to today?
- What special kind thing would you like to do?

Have fun with your special kindness activity today.
Draw or write what you did and especially
how it made you feel.

