

Kindness Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Objective: To promote kindness and empathy among individuals by engaging in various activities and self-reflection.

Instructions: Complete the following activities in the table provided, either alone or with a group. Reflect on each task, considering how it made you feel and how it impacted others. Take note of any insights or lessons learned. Aim to complete all activities within a week or at your own pace.

1. Compliment a friend or family member - Choose a friend or family member and give them a genuine compliment. Be specific and heartfelt in your praise.

2. Help someone in need - Look for an opportunity to help someone in need, whether a neighbor, a coworker, or a stranger on the street.

3. Write a thank-you note - Write a thank-you note or email to someone who has positively impacted your life. Express your gratitude in detail.

4. Perform a random act of kindness - Do something kind for someone without expecting anything in return. This could be paying for a stranger's coffee or opening a door.

5. Practice active listening - When someone is speaking to you, give them your full attention. Don't interrupt or prepare your response; just listen.

6. Smile at a stranger - Share a warm, genuine smile with a stranger you encounter during the day.

7. Express gratitude - Make a list of five things you are grateful for in your life. Share the list with a loved one, or keep it for yourself.

8. Encourage someone - Offer encouragement to someone who is facing a challenge, whether a friend, family member, or coworker.

9. Donate to a charity or volunteer - Make a donation to a charity of your choice or volunteer your time to help others in your community.

10. Practice self-kindness - Treat yourself with kindness and compassion. Do something you enjoy, or give yourself a break when needed.

Overall reflection on your experience - Consider how practicing kindness has affected your mood, relationships, and perspective on life.