



Name: _____

A Random Act of Kindness

Tell about a time when you were kind to someone. To whom were you kind? What did you do for that person? How did your actions make you feel?

If you run out of room above, use the back of this page or get another sheet of paper.

Bug in Your Ear



I don't mean to "bug" you, but you might...

- tell a few details about the person you helped.
- explain what you did and why you were kind to that person.
- describe your feelings about your actions.