You help an elderly person with yard work.

You give a toy to the homeless shelter.

You won't share your toys.

You help someone with their homework.

You do not open the door for another

You give to the food bank.

You make fun of someone.

You donate time at a senior center.

You throw a temper tantrum when you don't get what you want.

You won't play with the new kid.

You volunteer at the local shelter.

You run or skate around in a store.



You hit your brother. You give spare change to the homeless. You mow your sick neighbor's yard. You hit someone with a shopping cart.

Spread Kindness



Be a buddy to the new student.

You give a donation to charity.

You visit a nursing home.

You pick up trash in the community.

You help someone with grocery shopping.

You talk in the theater.

You give clothes to the needy.

You do not send a Get Well card to a sick friend.