

SCREEN-FREE ACTIVITY 04

Kindness Mission

Choose five offline acts of kindness and brighten someone's day.

AGES
6-11

TIME
1 day

YOU NEED
Kind heart + pencil

CHOOSE AT LEAST 5 MISSIONS

- ☐ Write a thank-you note
- ☐ Help set or clear the table
- ☐ Give someone a genuine compliment
- ☐ Read a story to a younger child
- ☐ Pick up litter with an adult
- ☐ Invite someone to join your game
- ☐ Make a drawing for someone
- ☐ Help with a chore without being asked
- ☐ Call or visit a relative
- ☐ Teach someone a skill you know
- ☐ Share a toy, book, or art supply
- ☐ Create your own kindness mission _____

KINDNESS REFLECTION

The kindness mission I enjoyed most was:

It made me feel: _____