

INCLUSION STARTS WITH YOU | TOOLBOX KINDNESS STREAK BUILDER

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|--------------------------|------------|
| HABIT NAME & DESCRIPTION | START DATE |
| | END DATE |

WHY IS BUILDING A KINDNESS HABIT IMPORTANT?

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HOW WILL YOU REMIND YOURSELF TO KEEP YOUR KINDNESS STREAK?

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WHO WILL YOU TALK TO ABOUT YOUR KINDNESS STREAK GOAL?

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DO AT LEAST 1 SMALL ACT OF KINDNESS EACH DAY FOR 30 DAYS (AND EVERY DAY AFTER THAT). AT THE END OF EACH DAY, MARK THAT DAY'S CIRCLE. KEEP YOUR STREAK ALIVE. WE BELIEVE IN YOU. NEED IDEAS? CHECK OUT THE INCLUSION STARTS WITH YOU - KIND ACT CATALOG.

| | | | | | |
|--------|--------|--------|--------|--------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |

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KIND ACT CATALOG

- Help someone struggling with heavy bags or luggage.
- Offer to walk a neighbor's dog.
- Offer to help a fellow student who needs support.
- Share a favorite book or movie with someone.
- Volunteer at a local charity or organization.
- Help clean up after an event.
- Offer words of encouragement to someone facing a challenge.
- Visit a nursing home or hospital and spend time with residents or patients.
- Help a friend or family member with a household chore.
- Support a local artist or musician by attending their event or purchasing their work.
- Share inspiring or informative content on social media.
- Offer to help a friend with a task they find challenging.
- Clean up litter in your neighborhood or local park.
- Send a care package or note to someone going through a difficult time.
- Recommend a good book or movie to someone looking for recommendations.
- Practice self-kindness and take care of your own mental and physical well-being.
- Plant a tree.
- Smile at someone when you pass them in the hall.
- Hold the door open for someone.
- Compliment a person that you don't normally talk to.
- Say "thank you" to someone who has helped you.
- Send a positive and uplifting message to a friend.
- Offer your seat to someone on public transportation.
- Listen attentively when someone is talking to you.
- Help someone carry their groceries.
- Write a note of appreciation to someone who has made a difference in your life.
- Teach someone a new skill or hobby.
- Give flowers or a small gift to brighten someone's day.
- Put your phone away when you're spending time with someone.
- Share your knowledge or skills with someone who could benefit from them.
- Offer to run errands for an elderly neighbor.
- Leave a positive review for a local business or service.
- Cook a meal for someone who could use a break from cooking.
- Send a handwritten letter or card to a friend or family member.

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