

Kindness - Pay It Forward

Complete this form, turn it into your teacher and you will be invited to an end of the year Pay Kindness Forward Party!

First Name _____ Last Name _____

School _____ Teacher _____ Grade _____

Age _____ Date Cuddlekit Received _____ Today's Date _____

Step 1: Pay it Forward

BE SURE TO TALK TO YOUR PARENTS FIRST.

GET THEIR PERMISSION BEFORE YOU DO YOUR ACT OF KINDNESS!

You received a CuddleKit simply because someone felt like sending kindness your direction. We now ask that you are kind to someone else. You can be kind to others in so many ways. We will provide examples. You can choose to do one of these examples or you can do whatever you think of on your own... the possibilities are endless!

Examples:

-You can help a neighbor with something..

-Say hello and how are you to someone that looks sad or that needs to be cheered up

-Offer to help someone in your family around the house (cleaning, picking up, etc...)

-Help your teacher clean the boards, pick up the classroom, organize their bookshelf, etc..

-Invite a new person to eat lunch with you, perhaps someone who may need a friend.

-Help your little brother/sister/cousin/friend read a book or complete their homework

After you are kind to this person, give them the bracelet that is included. It says "Be Kind, Give Strong" and it will remind them to continue to pay kindness forward. They should then pass the bracelet on when they are kind to someone else.

Step 2: Tell us how you paid it forward

"I am very proud that I paid this kindness forward. This is how I did it..."

Was the person a stranger or someone you know? _____

What did you do for this person?

What was this person's reaction when you gave them the bracelet?

Tell us any other details about your act of kindness

(Use back if necessary...we can't wait to read all about it!)

**"No act of kindness, no matter how small is ever wasted."-Aesop
(www.cuddlekit.org)**