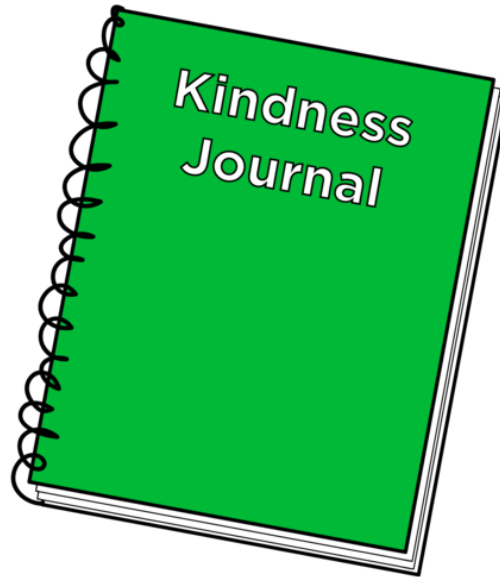


# Kindness Journals



- **Intro:** Kids will create their own kindness journals to keep the conversation going inside and outside of schoolwork.
- **You Will Need:** Journals, pencils
- **Instructions:** Kids will reflect on their day and what they/others did that was kind. They will be asked to write down answers to questions such as:
  - Describe what happened.
  - What do you think about kindness in this case?
  - What did you think and feel about what happened?
  - What was your mood like before you completed the assignment?
  - What was your mood like after you completed the assignment?