



Help a classmate or family member clean up.



Give someone a compliment.



Share a toy, material, or space with someone.



Say "thank you" to someone who helped you today.



Offer to help with a job at home or school.



Draw a picture or write a little note for someone you appreciate.



Sit with someone who looks alone or invite them to join you.



Use a calm voice to solve a problem or ask for help.



Do something kind without being asked.

# Acts of Kindness Choice Board

For Home & School



## How to Use This Choice Board

### For Families:

- Invite your child to choose one act of kindness each day or week.
- Talk about how it felt, how others responded, and why kindness matters.
- Keep it on the fridge, by the bedtime routine, or in the car for quick check-ins.

### For Teachers:

- Use during morning meeting, closing circle, or transitions.
- Let each child choose a kindness act for the day.
- Add it to your SEL or Calm Corner or send it home.

The goal is to help children notice, feel, and practice kindness — not to finish all boxes.