



snackpals. & WinterKids

KINDNESS JAR

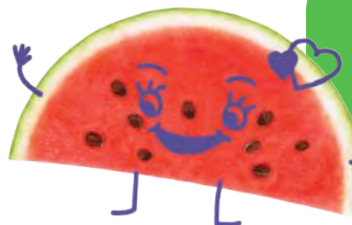


Let's Make Kindness Count!

Find a jar, cup or recycled container. Decorate the label below, carefully cut it out and adhere it to your "Kindness Jar" with tape or glue. When you do or see something kind, like helping a friend, sharing a toy, or saying thank you, draw or write it on a heart note and drop it in. Start filling it with heart notes below or make your own. Use your weekly kindness tracker to check off one kind act each day and watch your jar fill with love!



THE
KINDNESS
JAR



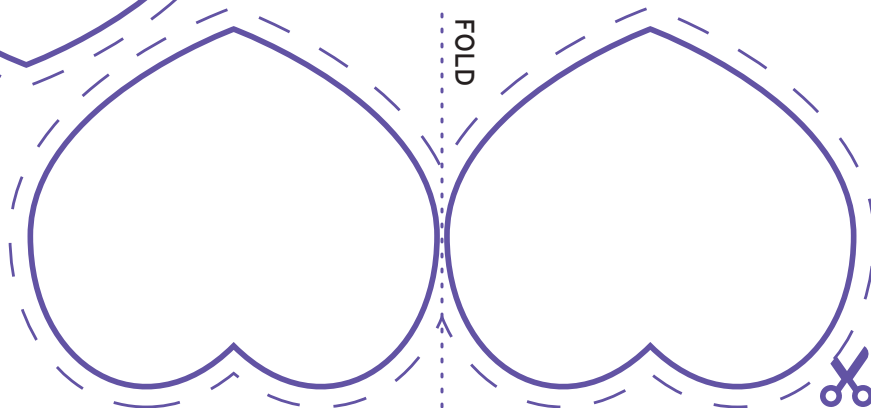
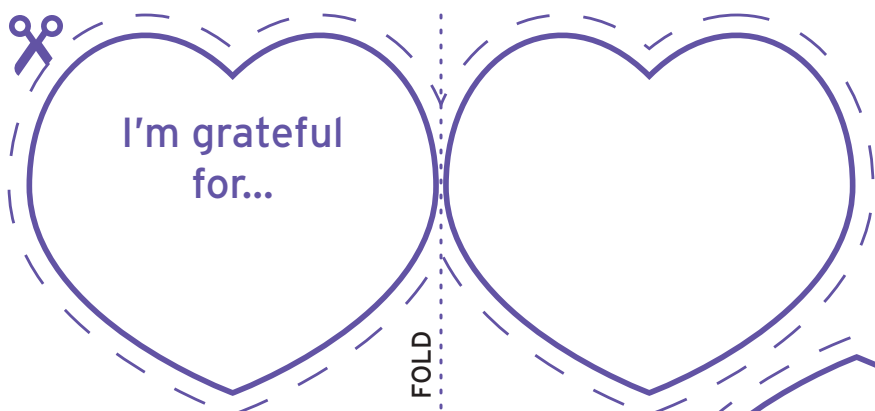
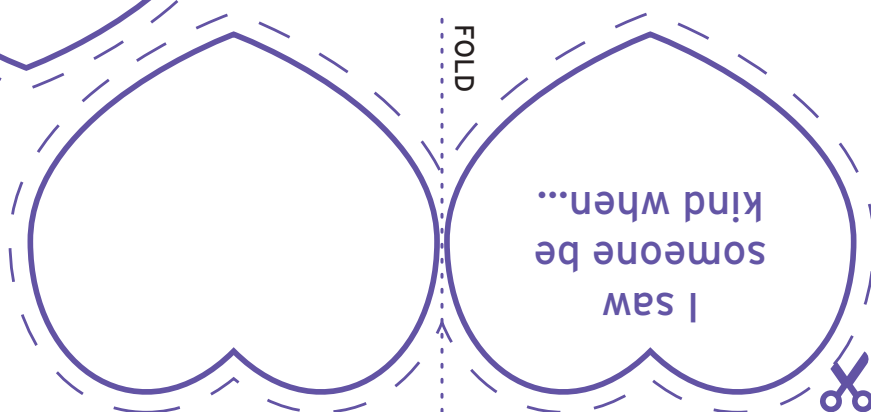
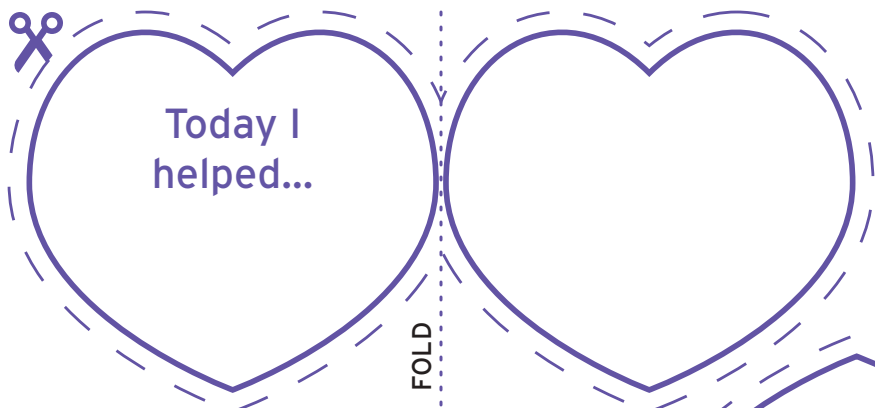
Did you know?
Being kind can lower stress and boost happiness.



KINDNESS NOTES



Cut the Kindness Notes out along the dashed line, fold along the dotted line and decorate. Use the example prompts to record acts of kindness or write your own. Fill your Kindness Jar with them.



Did you know?
Even little acts, like
holding the door, make
a BIG difference.

