

Free Kindness Book

15 minutes • ages 5 and up



An 8-page Kindness Book that folds from one sheet with one cut — kind things to say and do, a kindness promise and a page to pass it on.

WHAT IS INSIDE

- A one-sheet, 8-page Kindness Book

YOU NEED

- Printer paper (US Letter)
- Scissors
- Pencils or markers

HOW IT WORKS

1

PRINT AND CHECK

Print on US Letter at Actual Size / 100% — never Fit to Page. Plain 20–24 lb printer paper folds best.

2

FOLD AND CUT

Page 2: fold the sheet in half so the short edges meet, then cut the solid middle line from the fold — stop at the dashed line.

3

FOLD THE BOOK

Open it, fold it the long way with the pictures outside, push the ends together and fold the pages around so "My Kindness Book" is on the front.

IN THE FULL SET

The full Friendship Compliment Mystery Gifts set adds 18 fill-in compliment cards, 6 kindness coupons, 2 mystery gift bag designs, a guide for groups and an ink-saver edition.

SAFETY

A grown-up should help with scissors and do any craft-knife cutting. Paper pieces, stuffing and seal stickers can be choking hazards for children under 3. Keep them away from babies and toddlers. Use a glue stick or tape — no hot glue for children.

2

Thank you
You can go first
Want to play?
That is a great idea

Kind things I can say

3



Share
Help tidy up
Include someone new
Listen

Kind things I can do

4



Draw or write it here.

Someone who was
kind to me

5



Draw or write it here.

A kind thing I did

1



by _____

My Kindness Book

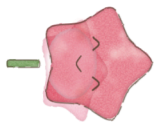
Give this book to someone
who was kind today.

Pass it on

8



7



This week I will

My kindness promise

6



Draw a kind moment