

Kindness Worksheet

Name:

Date:

Objective:

To promote kindness and empathy among individuals by engaging in various activities and self-reflection.

Instructions:

Complete the following activities in the table provided, either alone or with a group. Reflect on each task, considering how it made you feel and how it impacted others. Take note of any insights or lessons learned. Aim to complete all activities within a week or at your own pace.

No.	Task	Instructions	Reflection/Notes
1	Compliment a friend or family member	Choose a friend or family member and give them a genuine compliment. Be specific and heartfelt in your praise.	
2	Help someone in need	Look for an opportunity to help someone in need, whether a neighbor, a coworker, or a stranger on the street.	
3	Write a thank-you note	Write a thank-you note or email to someone who has positively impacted your life. Express your gratitude in detail.	
4	Perform a random act of kindness	Do something kind for someone without expecting anything in return. This could be paying for a stranger's coffee or opening a door.	
5	Practice active listening	When someone is speaking to you, give them your full attention. Don't interrupt or prepare your response; just listen.	
6	Smile at a stranger	Share a warm, genuine smile with a stranger you encounter during the day.	
7	Express gratitude	Make a list of five things you are grateful for in your life. Share the list with a loved one, or keep it for yourself.	
8	Encourage someone	Offer encouragement to someone who is facing a challenge, whether a friend, family member, or coworker.	
9	Donate to a charity or volunteer	Make a donation to a charity of your choice or volunteer your time to help others in your community.	
10	Practice self-kindness	Treat yourself with kindness and compassion. Do something you enjoy, or give yourself a break when needed.	

After completing the activities, take some time to reflect on your overall experience. Consider how practicing kindness has affected your mood, relationships, and perspective on life. Use this worksheet as a reminder to continue incorporating kindness into your daily routine.