

KINDNESS JOURNAL



HELLO
my name is



INLIGHT'S KIND CLUB

Welcome to INLIGHT Institute's Kind Club. By signing your name under the Kindness Pledge, you now are an official member of the Kind Club and will help create a brighter, happier future for our world. Remember, one kind word, one smile, or one act of kindness can cause an explosion of goodness. Your kind thoughts and actions will make good happen.

Repeat the Kindness Pledge and make waves of kindness throughout the world.

KINDNESS PLEDGE

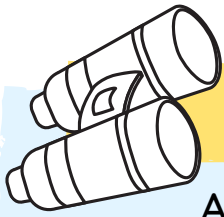
I promise to care about myself, others, and our planet. I will act in a way that is true and beautiful so I can light up the world with my thoughts, words, and actions.

Signature: _____



HELLO!

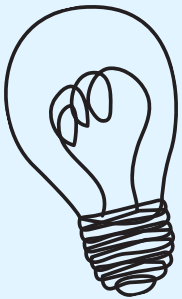
Now that you took the INLIGHT Kindness Pledge, you are an official member of the Kind Club. We're happy and proud you are joining us as we create waves of kindness throughout the world. Did you know your kind thoughts can lead to kind actions which will make you, other people and our world a happier place? Use this Kindness Journal to write down your thoughts and actions to create a kind future.



EXPLORE

Ask around!
What does kindness mean to others?

THINK

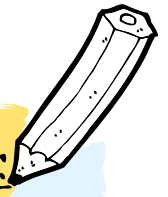


What are your ideas for spreading kindness?

INSPIRE

Invite new members to join the Kind Club to make even bigger waves of kindness!

RECORD



Write how you felt when you shared kindness with others.

ACTION

Spread the power of kindness in your community.

**Make
Waves!**



WHAT IS KINDNESS?



the quality of being friendly, generous, and considerate



- What are some ways you can be kind to yourself?

- What are different ways to be kind to others?

- The Golden Rule says: I will treat others the way I want to be treated. What does that mean to you?

- How can you be kind to our Earth?

KINDNESS BEGINS WITH YOU!

Kindness is a superpower within your heart and mind. Begin each day by thinking kind thoughts about yourself. You may think about a time you were proud because you helped others. Or, you can be encouraging to yourself if you are having trouble learning to do something new. Be a best friend to wonderful YOU!

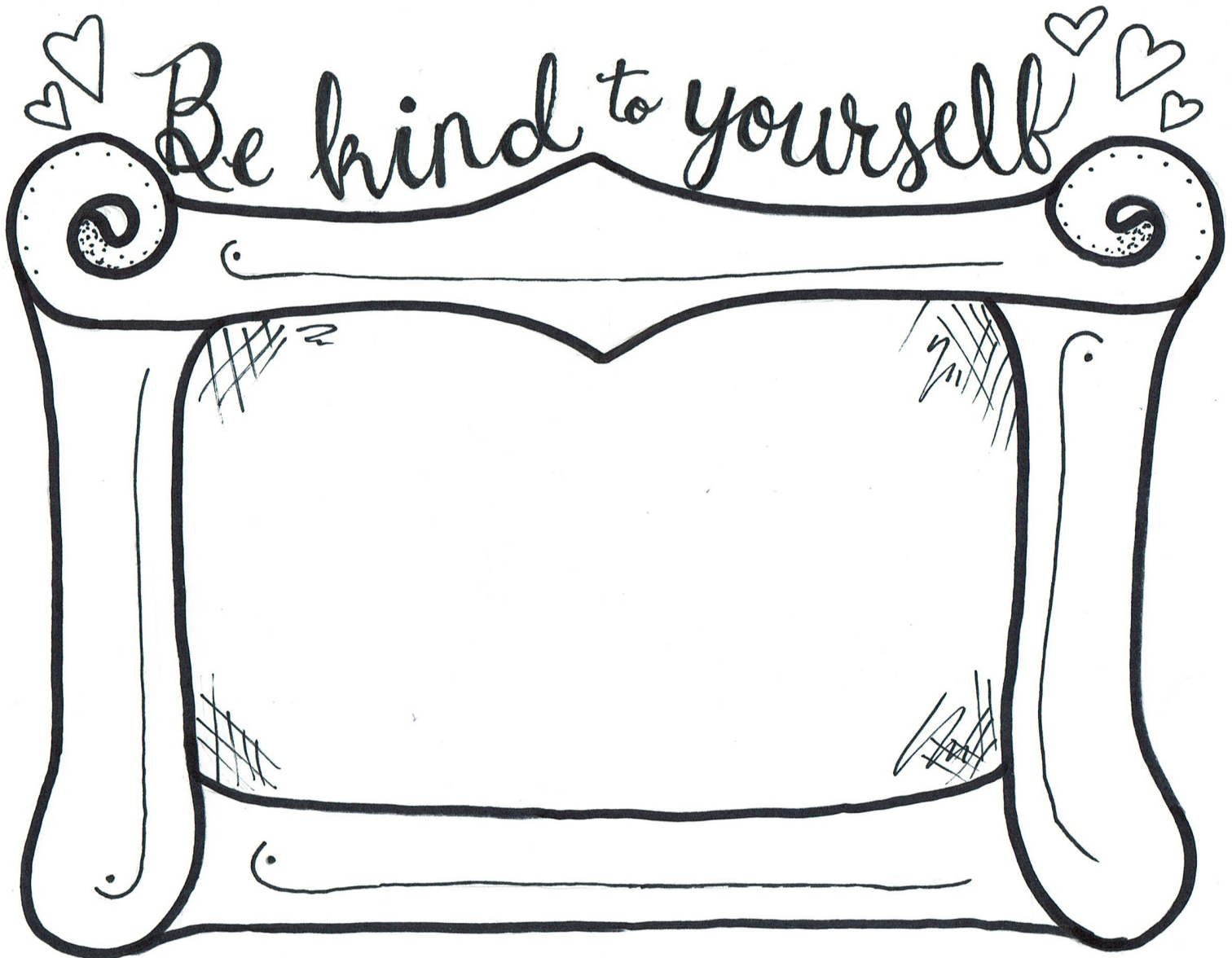
IDEA STARTERS:

ask for help

make your own
choices

eat healthy

keep trying even if it's
hard



Draw a self-portrait and fill the frame with different ways to be kind to yourself.

THOUGHTS TO ACTIONS

KINDNESS TO YOURSELF

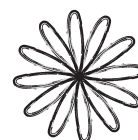
What are some of your favorite things about yourself?

What are some things that make you happy?

Write about a time you felt proud of yourself.

Doodle

Be a Kind Club Star
and record on the Kind Club
Calendar when you have
been kind to yourself



BE KIND TO OTHERS

When you do something kind for someone else, you make them feel happy, making you feel happy too. Happy people are nice people. What starts small can end up making big waves of kindness and happiness.

IDEA STARTERS:

say "please" and play fair

share your toys

write a kind note

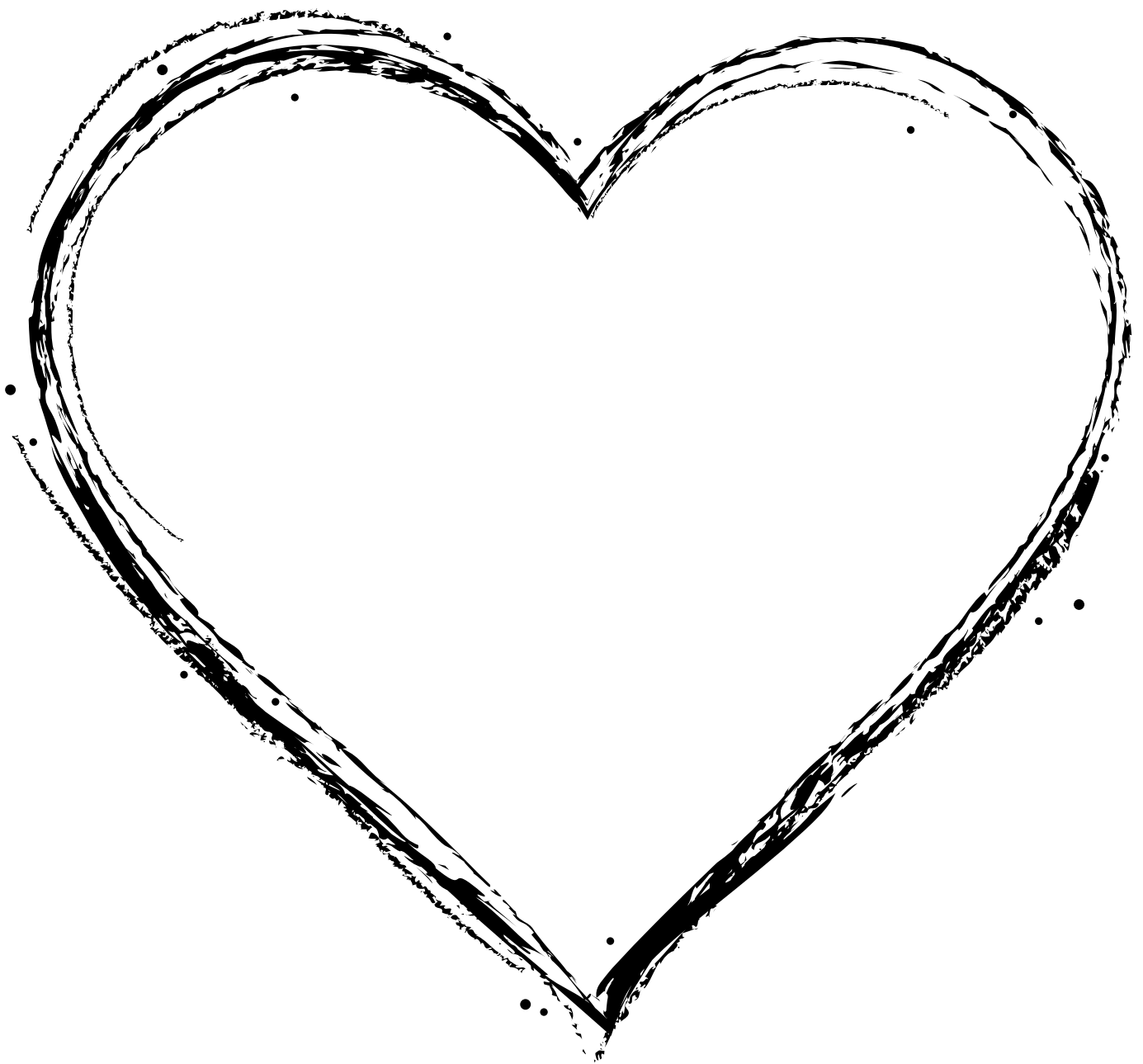
say "thank you"



In the star, and on each band, write a different way to be kind to others.

RANDOM ACTS OF KINDNESS

Random Acts of Kindness are when you do something kind for someone else as a special surprise. An example is to let your friend go ahead of you when playing a game or to put away the dishes without being asked. Random Acts of Kindness are like giving a gift from your heart!



Think of ways to give a Random Act of Kindness to your family, friends, or strangers, and then write your ideas in this heart.

RANDOM ACTS OF KINDNESS IDEAS

- 
- Give a compliment
 - Make someone laugh
 - Read to someone else
 - Thank a teacher
 - Make someone a bookmark
 - Let someone go ahead of you in line
 - Chalk kind messages on your sidewalk
 - Tell someone what you like about them
 - Write a letter or make a card for a relative
 - Pass on some of your books to friends
 - Help around the house without being asked to
 - Leave happy notes around town
 - Say hello to everyone you see
 - Send a postcard to a friend
 - Check in on an elderly neighbor
 - Arrange an online games session with someone
 - Trace around your open arms to send a hug in an envelope
 - Fill a jar with kind thoughts about someone and give it to them
 - Make a thank you sign for your doorstep for delivery drivers
 - Leave a surprise gift on someone's doorstep

THOUGHTS TO ACTIONS

KINDNESS TO OTHERS

What are some ways you have shown kindness to others?

How do you think it made that person feel?

How did it make you feel?

Doodle

Be a Kind Club Star
and record on the Kind Club
Calendar when you have
been kind to others



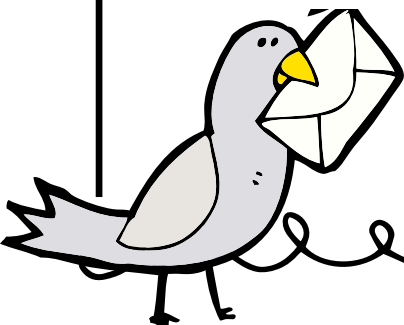


KIND NOTES

A considerate way to show kindness to someone who has done something nice for you is to write a thank you note. When you write the note, be sure to tell what the kind act was and how it made you feel. You can make your note more special by creating a drawing to show how that person's kindness made you feel happy.

Another idea is to write a list of people you are thankful for, and then make a card telling why they are special to you. You can send the note by mail or email. Maybe it could include a picture of you smiling.

I am thankful for



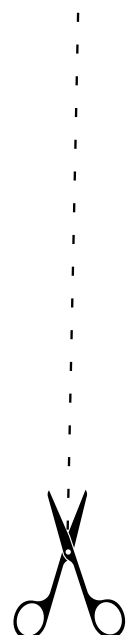
Remember, kind notes can be a
Random Act of Kindness!



KINDNESS TICKETS

kindness is free - we invite you to pass it on

Do a Random Act of Kindness and then give this ticket to the person who received your act of kindness. Invite them to continue the wave of kindness by doing a Random Act of Kindness for someone else!



KIND TO THE EARTH

It is important to love and protect our Earth. Being a Kind Club member means you care about the people, animals, and environment on our planet and that you will take great care of them.

IDEA STARTERS:

pick up trash

feed wild birds

reduce, reuse, recycle

1

2

3

4

In each wave, write a different way to be kind to our environment.

THOUGHTS TO ACTIONS

KINDNESS TO THE EARTH

What are some ways you have been kind to the Earth?

How will this make the world better for others?

How did this kind act make you feel?

Doodle

Be a Kind Club Star
and record on the Kind Club
Calendar when you have
been kind to the earth

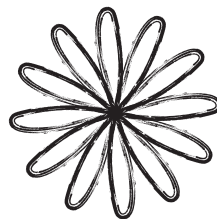
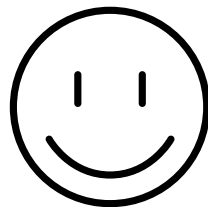


KIND CLUB CALENDAR

At the end of every day, think about ways you showed kindness to yourself, to others or to the Earth. Choose one act that was your favorite and record it on the Kind Club Calendar.

Month _____ Year _____

SUN	MON	TUES	WED	THURS	FRI	SAT



Use icons to fill in the chart.

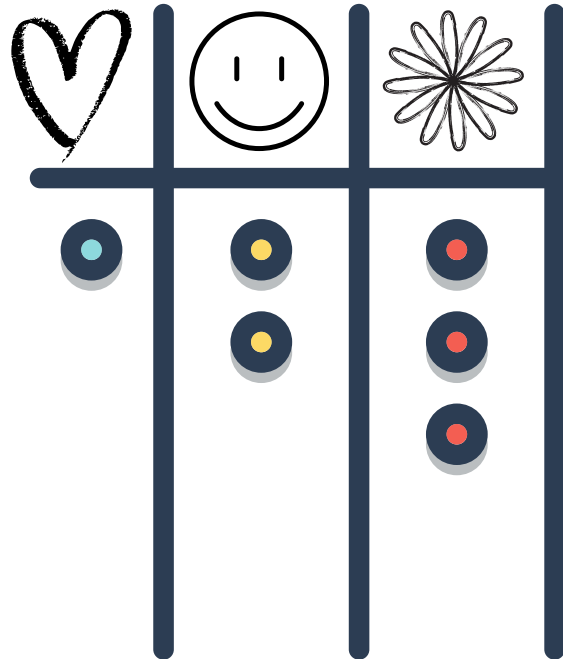
(heart for kind to self, smile for kind to others, daisy for kind to the Earth)

KIND CLUB TRACKER

At the end of the month, tally up all the different ways you showed kindness and create a tally grid.

RECORD

Think about the area that had the most marks. For example, you may have many days when you were kind to others but not as many when you were kind to yourself or to the Earth. Now, print a Kind Club Calendar for the next month and see if you can have more marks in the other areas.



Every month you will become a kinder person by being more considerate, friendly, and generous.



We are so proud
you're an
INLIGHT Kind Club Star!



THOUGHTS to ACTIONS

Put your THOUGHTS to ACTION by sharing your great ideas! Send us your stories, poems, artwork, photographs, music, jokes, riddles, games, or whatever is in your imagination about KINDNESS.

Get in touch! Send us your project to be featured!

inlightinstitute.org

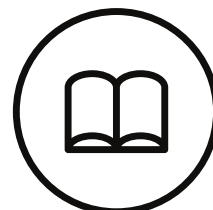
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INLIGHT INSTITUTE EMPOWERS KIDS TO CARE ABOUT THEMSELVES, OTHERS, AND THE WORLD AROUND THEM THROUGH EDUCATION, EMPATHY AND KINDNESS

WE ARE A 501 (C) 3 #83-1858571



Educator Approved



PsyD Approved