Even during a pandemic, kindness is all around us.

Sometimes, kindness is hiding in plain sight. For the next 2 days, go on a quest to uncover the kindness that is already taking place in your home. Check off each kind act that you spy, and record your total at the end. How much kindness will you find?

- Someone calls an old friend or a relative they haven’t talked to in a while
- Someone asks a family member what they can do to help
- Someone shares their toys or games with a family member
- Someone gives a hug
- Someone stays inside, even though they want to go out
- Someone makes a card or postcard and sends it
- Someone sends a Happy Birthday video or email
- Someone lets a family member pick the movie or tv show
- Someone helps a family member make a meal or prepare a snack
- Someone asks a family member how they’re feeling
- Someone cleans up after themselves
- Someone gives a compliment or shares what they like about someone else
- Someone says “thank you” when somebody does something for them
- Someone holds the door for a family member
- Someone shared the tablet or TV (even though it was their turn)

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Someone helps a family member with a chore (without being asked)

Someone makes someone else laugh with a funny joke

Someone plays or sings a song for someone else

Someone brings food to a family member.

A family member didn’t say something unkind (even when they wanted to)

Someone sends a compliment to a friend or classmate

Someone apologizes to a family member or friend if they wronged them

Someone is respectful when a family member asks for space

How many kind acts did you discover?  

Family Discussion Questions

1. Which kind acts did you see today?
   • How did the people receiving kindness feel? How could you tell?
   • How about the person doing the kind act?
   • How did looking for kindness make you feel?

2. Are you surprised by how many kind acts you discovered today?
   • Why or why not?
   • Does a challenging time change how we show kindness to each other?
   • Can you think of any other ways to show kindness during a challenging time?