

For ADULTS

*No act of kindness, no matter how small,
is ever wasted. -- Aesop*

BPML's

Kindness QUILT

Directions: Do the suggested acts of kindness listed in each block of the quilt below. When you complete an action, fill in its block by coloring it, painting it, gluing on bits of paper or fabric, etc. Be creative! When all the blocks in your quilt are filled, cut out the entire quilt and bring it to Berlin-Peck Library to be added to our community kindness quilt on display.

Smile and say
hello to a
stranger

Watch for
something
that someone
does well.
Compliment
them on it.

Bring a meal
to a family in
need OR
donate to a
food bank

Contact
someone you
haven't
spoken to in a
while

Pay for the
order of the
person behind
you in line at
the drive-thru
OR spend some
time with a
friend

Random Act of
Kindness:
Your Choice!

Do a favor for
someone
without being
asked

Donate your
gently used
clothing or
household
items

Wave to a
neighbor

Give a thank
you note to
your mail
carrier or a
service worker

Make a list of
things you
appreciate
about
someone and
send/give it to
them

Let someone
go ahead of
you in line or
on the road