

For CHILDREN

BPML's

Kindness QUILT

Kinder than is necessary. Because it's not enough to be kind. One should be kinder than needed.
- R.J. Palacio

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.

Do something kind for a sibling or family member

Sit with someone new at lunch OR invite someone new to play with you

Tell a joke to make someone laugh

Random Act of Kindness: Your Choice!

Set the table and help prepare dinner

Help put away the groceries

Hold the door open for someone

Donate your gently used toys or clothes

Write a thank you note to a teacher

Give someone a compliment

Clean your room without being asked

Let someone go ahead of you in line