

For FAMILIES

Kindness is loving people more than they deserve.
- Joseph Joubert

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.

Cook dinner
and clean up
together

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

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

Compliment a
family
member on
something he/
she does well

Help a
neighbor
(ex. shovel
snow)

Hide and find
encouraging
notes for each
other

Invite another
family over for
a game night
or dinner

Donate your
gently used
clothes or
household
items

Pick up litter
and throw it
away

Random Act of
Kindness:
Your Choice!

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

Put \$1.06 into
baggies and
leave around
the Dollar
Store (include
a note!)