

# For TEENS

*Always be a little kinder than you have to be.  
- from We Were Liars by E. Lockhart*

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.

Be helpful to a classmate	Say thank you to someone who gives you a ride (wish them a nice day too!)	Clean up your room without being asked	Invite someone sitting alone to sit with you at lunch
Help a neighbor (ex. shovel snow)	Pay attention to what someone does well, then compliment them	Hold the door open for someone	Offer to carry someone's bags
Forgive someone	Random Act of Kindness: Your Choice!	Make a list of things you appreciate about someone and send/give it to them	Write something encouraging on a sticky note and leave it for someone to find