

# Give the Gift of KINDNESS!

It's never too early or late to introduce kindness. Kindness promotes empathy and compassion, enhances relationships and teaches SEL, just to name a few!

For the month of December, consider **CHALLENGING** your youth with a daily random act of kindness prompt. Below are 10 challenges to get you and the youth in your program started spreading kindness this season:

1. LET SOMEONE GO AHEAD OF YOU IN THE LINE.
2. RUN AN ERRAND OR DO A JOB FOR YOUR TEACHER/INSTRUCTOR.
3. WRITE A COMPLIMENT ABOUT A CLASSMATE AND GIVE IT TO THEM.
4. INCLUDE SOMEONE WHO HAS NO ONE TO PLAY WITH.
5. WAVE AT SOMEONE NEW TODAY.
6. HELP A FRIEND.
7. HOLD THE DOOR FOR SOMEONE.
8. PICK UP TRASH WHENEVER YOU SEE IT.
9. WRITE A THANK YOU NOTE TO SOMEONE.
10. SHARE SOMETHING WITH A FRIEND.

LEARN ALL THE TIME.



ANDY RODDICK FOUNDATION  
HIGH QUALITY OUT OF SCHOOL TIME

Do you want a quick and easy way to reinforce positive interactions in your classroom? Try these Caught Being Kind tickets. Print enough for each youth (or staff) in your program, prefill them out with the youth's name and try to catch them being kind this month.

**Caught Being Kind**

I caught \_\_\_\_\_

\_\_\_\_\_ being kind by

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Caught by: \_\_\_\_\_

**Caught Being Kind**

I caught \_\_\_\_\_

\_\_\_\_\_ being kind by

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Caught by: \_\_\_\_\_