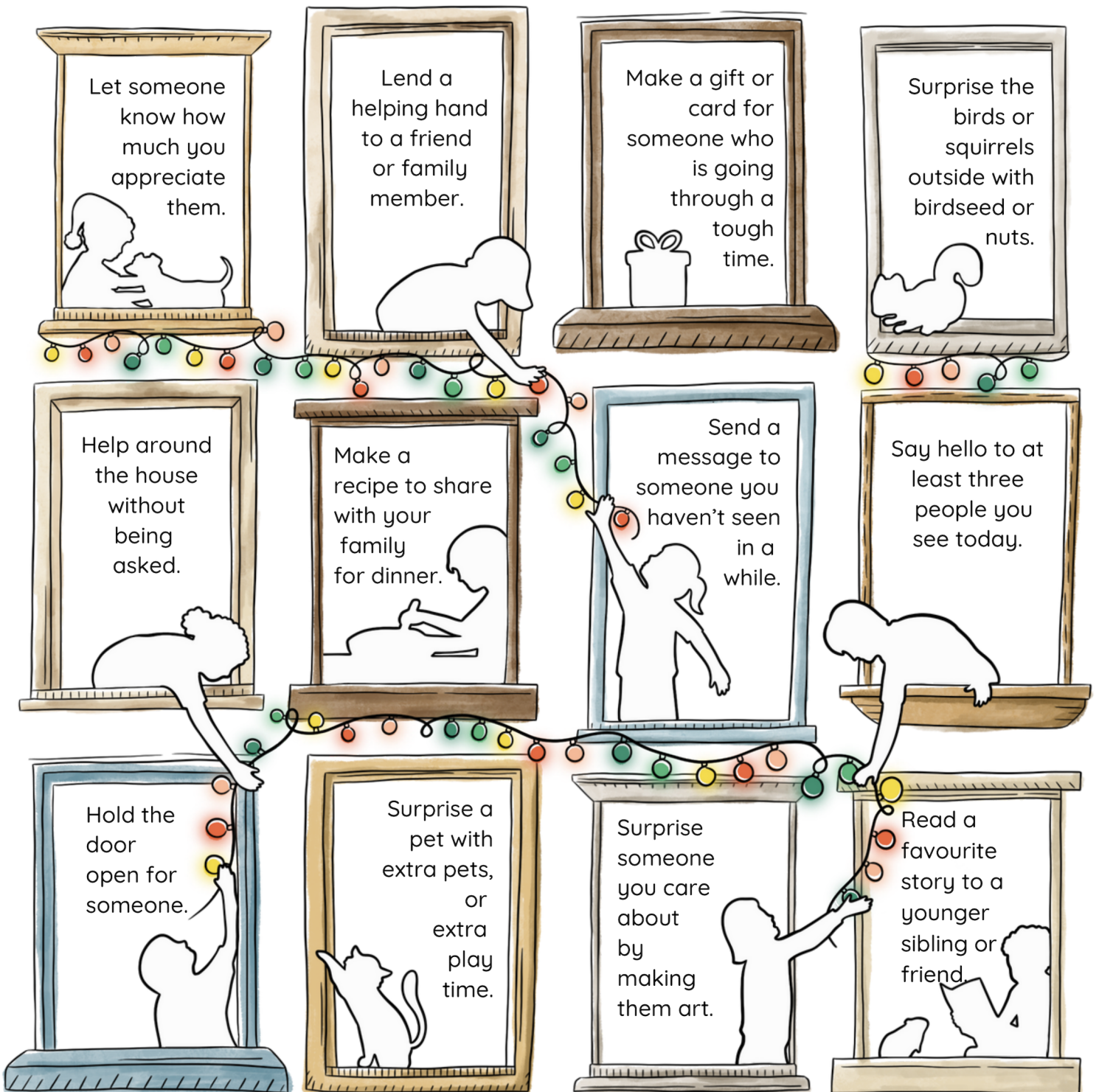




12 DAYS OF

KINDNESS

Colour in each box as you complete each act of kindness.





12 DAYS OF

KINDNESS

Colour in each box as you complete each act of kindness.

Let someone know how much you appreciate them.

Lend a helping hand to a friend or family member.

Make a gift or card for someone who is going through a tough time.

Surprise the birds or squirrels outside with birdseed or nuts.

Help around the house without being asked.

Make a recipe to share with your family for dinner.

Send a message to someone you haven't seen in a while.

Say hello to at least three people you see today.

Hold the door open for someone.

Surprise a pet with extra pets, or extra play time.

Surprise someone you care about by making them art.

Read a favourite story to a younger sibling or friend.

Terms of use

The word of mouth is our biggest reward, so please feel free to send this printable to friends, teachers, parents, colleagues, and anyone else who might benefit from this.

Feel free to print copies and distribute them during events, in your classroom, at school auctions, school newsletters, or other meetings.

Selling Big Life Journal resources is not permitted. Please do not embed or link to this resource on your or someone else's site (you can share on social media). Please do not recreate or copy our work. Thank you!

If you're interested in using these resources in your professional practice (as a therapist, coach, etc.) please reach out to support@biglifejournal.com to obtain a professional licence.

Please email hello@biglifejournal.com to request a specific use for our printables.

With gratitude,
Big Life Journal team

All rights reserved.
BigLifeJournal.com

Big Life Journal

Hi there

We have loved seeing that our printables have changed so many families! Your thank-you messages have warmed our hearts and inspired us to keep going.

As our valued subscriber, you will be receiving our Free Friday Printables every week, however, now they are **available for just one week after their release.**

So be sure to open your email and download right away!

If you're interested in getting access to our most popular printables and print-free activities for your child's exact needs, we invite you to join GrowthMinded.



GrowthMinded a new membership by Big Life Journal, an award-winning company that is trusted by over 1 million parents, educators, and therapists worldwide.



Resource Library Tailored to Your Children

Explore our library of 300+ age-specific printables and print-free activities. Start with what we **handpicked** for your family!



Resource Library to Support YOU

Find the **exact advice** you need inside our library of 2-minute parenting tips, short scripts, and one-page guides.



Expert-led Workshops and Live Q&As

Learn with our exclusive live Q&As and 7-day pop-up workshops. You will discover the **best tools** to help your child.



Supportive Community You Will Love

Find **valuable support and creative ideas** from other parents and our parent coaches who have already solved similar challenges.



"Big Life Journal resources have significantly **helped our entire family** deal with emotions and have better communication."

-Krista

[LEARN MORE](#)