



#FontanaTogether

## Acts of Kindness Challenge

During these ever changing times, it is important to continue doing the small things to brighten someone's day. We often forget that we are all going through this together. The purpose of this activity is to challenge yourself to express kindness and empathy to those around you. A small act you do may have a long lasting and bigger impact on one or many others.



**Activity:** Any act of kindness no matter the magnitude is often received well, so it doesn't have to be from this [free printable random acts of kindness challenge](#) but you can use it to encourage yourself and give you ideas on how you can be kind to others. For each kind act you do, color in the picture. Another option is to give an example of each kind act before you color it in.

**Reflection:** After doing the challenge how did you feel? Did you feel inspired to continue doing random acts of kindness? Was your act of kindness well received? Did someone do an act of kindness for you later on?

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