



ACTIVE KIDS ACADEMY

ACTS OF KINDNESS BOARD

Please take some time over the next week to complete your Act of Kindness Board below. You and your parent can put a check mark in each box when you have completed the activity.

When all the boxes have check marks, bring it back to your camp Karate instructor and receive a **BONUS STICKER** for your belt!

Clean up / put away belongings after using them	Tidy up your room	Give a compliment to someone
Put your best effort into a chore that is not your favourite	Tell someone why they are special or important to you	Make your bed
Say please and thank you when you interact with others	Hold the door open for someone	Complete a chore without your parents having to ask you
Tell your parents what made you happy today	Say "hi" to someone new at camp	Give your parents a big hug and tell them why you love them

CAMPERS NAME: _____

PARENTS SIGNATURE: _____