



# Benji's Kind Acts Challenge

Let's fill the world with  
little acts of kindness!



## My Kind Acts This Week

Tick or colour a paw each time  
you complete a kind act.

-   I helped someone at home
-   I played nicely with someone
-   I used kind words
-   I shared something
-   I listened when someone was talking
-   I smiled or made someone happy
-   I cared for an animal or plant
-   I did a kind act without being asked

## My Kind Act of the Week

Draw a picture or write about  
something kind you did.

## My Reflection

How did my kind act make someone feel? How did it make me feel?

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