



FINLEY'S KINDNESS CHALLENGE



Help Finley Light the Sky

Color a star when you choose one of these kindnesses. Repeat favorites, skip anything that doesn't fit, or create your own.
Kindness isn't a race - it is something we notice, choose, and pass along.



Help someone without being asked.



Invite someone to join you.



Give a genuine compliment.



Listen while someone is talking.



Do one helpful job at home.



Thank someone for something they do.



Encourage someone who is learning.



Make a card, note, or picture for someone.



Share something when you want to.



Care for an animal, plant, or the Earth.



Sit with someone who could use company.



Ask, "How can I help?"



Repair a mistake with an apology or helpful action.



Be kind to yourself when something feels hard.



MY OWN KINDNESS:

LOOK BACK AT YOUR LIGHT

Which kindness felt good to give? _____ Which kindness did someone give you? _____

PASS THE LIGHT ON



Someone was kind to me when...



I can be someone's light by...



A kindness I want to repeat...

One little light can become many.