

Seven days of quiet kindness

Choose the order / Adapt for age and ability / No purchases required

☐ **Notice**

Ask someone you know what would make their day easier.

☐ **Thank**

Give a specific thank-you for a quiet kindness.

☐ **Listen**

Let someone finish speaking before you offer your own story.

☐ **Share a task**

Help with an age-appropriate household responsibility.

☐ **Encourage**

Write or say something true and kind about a person's effort.

☐ **Make room**

Offer someone a choice and respect their answer.

☐ **Keep going**

Choose one small act of care to repeat next week.

What did we learn about caring for others?

Adults arrange any contact, travel and permissions. Keep other people's stories private. Kindness does not require unsafe contact or forced affection.