



PLANTING kindness seeds



You Are a Gardener®

♥ Small words. Kind actions. Big change. ♥

Kindness is like a seed.

What we say and do today can grow in someone's heart and make a difference in their tomorrow.

THREE WAYS TO PLANT KINDNESS EVERY DAY



A SEED FOR SOMEONE ELSE

♥ Write one kind thing you will say to someone.

♥ Write one way you can encourage someone.

♥ Write one kind action you can do for someone.



A SEED FOR YOURSELF

♥ Write one thing you are good at.

♥ Write your favorite way to take care of yourself.

♥ Write one positive thing you love about yourself.

A SEED FOR OUR COMMUNITY

♥ Write one way you can help make your community better.

♥ Write one kind action you can do to help someone in need.

♥ Write one way you can include or welcome someone else.

REFLECTION

Think about the kindness seeds you planted today.

- ♥ Who might your kindness help or brighten?
- ♥ How will your kindness make a difference over time?
- ♥ What is one kindness seed you will keep planting?

♥ One small act of kindness can grow into something beautiful that touches many hearts. ♥

