

Name _____

Date _____

Secret Notes of Kindness

There are many ways we can feel good about ourselves and others. When we notice the goodness in others—and in ourselves and our abilities—we spread kindness!

1. Write a positive note to a peer in your class (what you like about them and what they are good at) to be given to your classmate by your teacher at a later date.



Classmate's Name: _____

Note of Kindness:

2. Write a positive note to yourself (what you like about yourself and what you are good at). Your note will be given to you by your teacher, when you least expect it!



Your Name: _____

Note of Kindness to Yourself:
