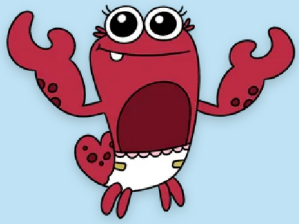
SEL · KINDNESS AND EMPATHY · GRADES K–3

# Roll a Kind Act

Roll a die to get a kind act for the day, like asking someone new to play, then write who you were kind to and how they felt.



**Name:** _____ **Date:** _____

**Roll a die. Do the kind act for your number today.**



Give someone a compliment.



Help someone clean up.



Draw a picture for someone.



Say thank you to a school helper.



Ask someone new to play.



Share something with a friend.

**My kind acts**

| Roll | Who I was kind to | How they felt |
|---|---|---|
| 1st roll | | |
| 2nd roll | | |
| 3rd roll | | |



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