SEL · KINDNESS AND EMPATHY · GRADES 1–5

Secret Kindness Mission

Become a secret kindness agent: do five kind acts this week without being asked, then log each mission and who it helped.



Name: _____ **Date:** _____

Your mission: do five kind acts this week without being asked, and try not to get caught! Write each one down as you finish it.

Mission log

Mission	What I did	Who it helped	Done
Mission 1			
Mission 2			
Mission 3			
Mission 4			
Mission 5			

How did it feel to be a secret kindness agent?

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