



Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

# Holiday Challenge! A Dozen Acts of Kindness

*An activity of "The woman who spreads altruism for a living"*

Read "The woman who spreads altruism for a living" (page 18, *What's Up* October 2022). Kindness can indeed be contagious in a very good way.

When your school holidays start, consider doing little acts of kindness daily. Aim for a dozen a week. This log will help you to keep track of your efforts.

When <i>(date)</i>	Where <i>(place)</i>	For whom <i>(person/animal/plant)</i>	Act of kindness <i>(a very brief description)</i>

Then, continue into the new year until being kind becomes a habit!