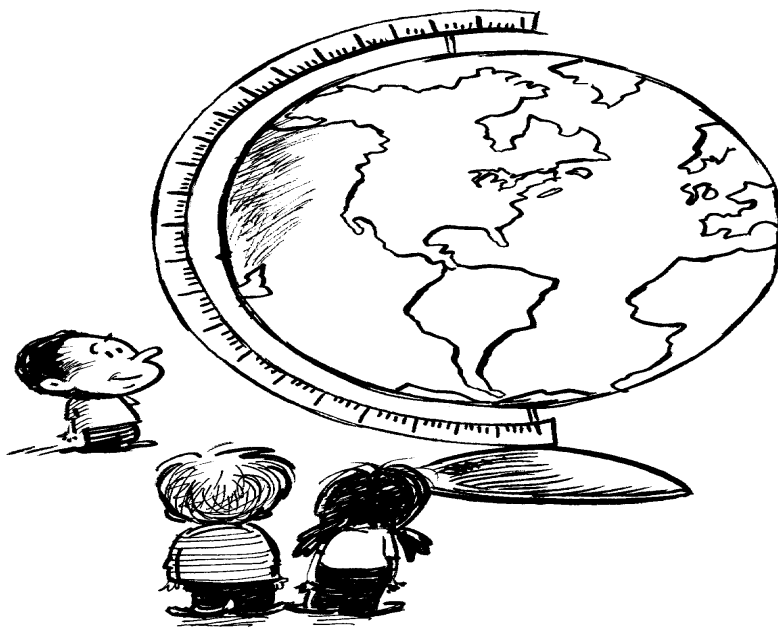


ACTS OF KINDNESS

KIDS CHARACTER DEVELOPMENT

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Building Better Kids and Preventing Bullying Through Character Development

50 ACTS OF COURTESY, KINDNESS & RESPECT

YOU ARE BEING TESTED

In ancient times warriors were sent on tasks and missions to test their courage and prove their bravery. If successful in an assigned task, one might be considered worthy of responsibilities and privileges not entrusted to others. Completing a task brought honor to the warrior; it created experience, opportunity, admiration and trust.

Your task is to log **50** acts of respect, courtesy and kindness from yourself to your fellow man within the time frame allotted by your teacher. This booklet contains 50 blank lines with which to record your progress. Sit down with your family and write your acts of kindness down at the end of the day. Mom or dad would love to help you if you need it. Upon completion bring it to your teacher to be signed and dated. Be sure to talk over acts of courtesy, respect and kindness with your parents first and get their ok before doing something that your unsure of. Good luck!

WHAT IS RESPECT?

Respect is giving someone's feelings, needs, thoughts, ideas, wishes and preferences consideration, worth and value. Giving someone respect means acknowledging them, listening to them, doing something for them, and accepting their individuality and differences. Showing someone respect is to treat them as you would want to be treated; it is to say, through your actions towards them; "you are an important person"

Examples of respectful acts:

- Help someone at the store
- Help someone at school
- Help someone at home
- Do a chore without being asked
- Be on time
- Write a "thank you" note
- Have good manners
- * Clean your room
- * Say "please and thank you"
- * Say something kind
- * Hold open a door for someone
- * Say "yes sir" and "yes ma'am"
- * Keep your promises
- * Stand up when greeting someone

_____ has successfully completed 50 acts of courtesy, kindness, and respect.

Signed: _____

Dated: _____

Acts of courtesy, kindness, and respect

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2. _____
3. _____
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Acts of courtesy, kindness, and respect

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