



开始吧！

Let's Spread KINDNESS!

1 给他人 一个赞美！ 	2	3	4 给身边的人 一个拥抱！ 	5	6
7 向朋友们打招呼 说一声“ “Hello，你好！”	8	9	10	11	12 写一张卡片给家人
13	14 给身边 一个击掌 (high-five)!	15	16	17	18 给身边的人 一个拥抱！
19 当老师的小帮手！ 	20	21	22 向父母或祖父母 说声“我爱你！” 	23	24
25 将玩好的玩具 收拾起来 	26	27	28	29	30 给自己 一个拥抱！



Let's Go!

Let's Spread KINDNESS!

1		2	3	4	5	6
Give someone a compliment! 			Give someone a hug! 			
7	Say "Hello!" to your friends!	8	9	10	Draw a card for your family member 	12
13	14	15	Give high-5(s) today! 	16	17	18
Help your teacher today! 	20	21	Say "I Love You!" to your parents or grandparents 	22	23	24
25	Pick up your toys after playing 	26	27	28	29	30 Give yourself a hug!

Let's Spread KINDNESS!

Let's Go!

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30