


Kindness Unmasked Challenge

Today's activity for **Children's Mental Health Awareness Week** is the **Kindness Unmasked Challenge!**  Kindness isn't just good for others—it's great for your own mental well-being too! Small acts of kindness can boost happiness, strengthen connections, and even reduce stress. Your challenge today is to complete at least five small acts of kindness from the Kindness Punch Card provided. Whether it's giving a compliment, helping a friend, or simply sharing a smile, every kind act makes a difference. Let's spread some positivity—because kindness is contagious in the best way!

For more downloadable activity sheets,
please visit <https://pathstonementalhealth.ca/cmhaw>

Kindness
PUNCH CARD

 Give someone a compliment
Tell someone, Thank You 

 Do something nice for someone
Talk to someone new 

 **Help clean up**
Help a teacher or classmate 

 **Draw a picture for a friend**
Smile at people in the hall 

 Be kind to yourself
Speak positively 

Copy as many as you need. Cut and have fun!



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