



DO ONE KIND ACT:



ROLL THE KINDNESS DICE

(any pair of dice will do)

Roll a 2: Treat someone secretly (i.e. gum, coffee, a meal)

Roll a 3: Call someone to wish them well (have no other agenda)

Roll a 4: Be totally present (listen carefully)

Roll a 5: Volunteer to help (expect nothing in return)

Roll a 6: Share something that has meaning (i.e. time, a treat, a flower)

Roll a 7: Invite someone different than you to play

Roll an 8: Pass along a penny for luck (be mindful of the power of one)

Roll a 9: Say something nice to new classmate

Roll a 10: Write a kind note (i.e. a teacher, a relative, an elderly)

Roll an 11: Seek to understand (be curious)

Roll a 12: Share a smile (with someone who needs it)

BONUS: Ask others to play daily. Include adults.

