7-Day Kindness Checklist & Storytime Question Cards

Simple daily acts of empathy & bedtime book prompts to help kids build big hearts

Child's Name: _____ Week Starting: _____

Part 1: My 7-Day Kindness Challenge (Check Off Each Day!)

Day	Today's Kindness Mission	How It Felt	Done
Day 1	**Bucket Filler:** Give a genuine compliment or say something encouraging to someone.	☺ ♥ ★	☐
Day 2	**The Quiet Listener:** When a friend or sibling feels sad, sit patiently and listen without interrupting.	☺ ♥ ★	☐
Day 3	**Include Someone New:** Invite someone sitting or playing alone at recess, lunch, or the park to join you.	☺ ♥ ★	☐
Day 4	**Helping Hands:** Help a family member tidy up, carry groceries, or finish a chore without being asked.	☺ ♥ ★	☐
Day 5	**Gratitude Note:** Draw a picture or write a thank-you note for a teacher, helper, or loved one.	☺ ♥ ★	☐
Day 6	**Generous Heart:** Willingly share a favorite toy, game, book, or snack with a sibling or friend.	☺ ♥ ★	☐
Day 7	**Choose Kind:** Notice someone who could use a smile today and offer a warm greeting or small act of care.	☺ ♥ ★	☐

Part 2: ✂ Cut-Out Storytime Question Cards (Discuss After Reading!)

CARD 1 • EMPATHY CHECK

How did the main character feel at the start of the story, and what changed by the end?

CARD 2 • BUCKET FILLING

What is one small thing you did today that helped fill someone else's invisible bucket?

CARD 3 • STEPPING IN

If you were inside this book, how would you have helped a character who felt left out?

CARD 4 • COMFORTING FRIENDS

When a friend is having a hard day, do they need advice right away or someone to quietly listen?

CARD 5 • GRATITUDE MOMENT

What is something in our home or life today that we can feel extra thankful for?

CARD 6 • CHOOSING KIND

Why is it important to be kind right away instead of waiting for tomorrow?