



# Let the *Kindness* Roll

**What You'll Need:** One (1) die from a set of dice.

**How to Play:** Roll once to determine the person to whom you will be kind. Roll again to identify the act of kindness you will bestow upon them.

## WHO



Parent



Sibling



Teacher



Friend



Classmate



Neighbor

## WHAT



Hold the door open for them.



Give them a compliment.



Make a kindness rock or a kindness playlist to give them as a gift.



Ask them about their day and use your Respectful Listening skills to really listen to them.



Offer to assist them with a chore or task.



Tell them a joke to make them laugh and/or cheer them up.