

# MONTHLY MISSION

## ACT WITH HEART

### WEEK ONE:

- Write a kind note to someone
- Discuss why kindness matters
- Name as many feelings as you can
- Make a list of kind acts
- Give a compliment to a family member
- Practice listening and saying "I understand"
- Surprise someone - your choose how!

Write your affirmations here

### WEEK TWO

- Learn about a different culture
- Share a feeling you had today and why
- Make a picture and gift it to someone
- Tell someone you appreciate them
- Draw emojis for different emotions
- Make a poster of what makes you happy
- Help someone with a tough task

### WEEK THREE

- Share who you think is kind and why
- Help with a chore without being asked
- Discuss what a first day feels like
- Write a 'thank you' note to someone
- Learn 3 new emotion words
- Talk about a book character's emotions
- Share a time you felt nervous

### WEEK FOUR

- Learn about random acts of kindness. Do one!
- Create a story together about helping
- Ask someone how they are and really listen
- Discuss: What if everyone was thoughtless?
- Making a guessing game about emotions
- Give yourself a 1-minute hug
- Celebrate! Choose your next Monthly Mission

