

CAPE COD QUESTERS™

7-Day Kindness Quest

Small acts. Big smiles. Every person matters.

Try one kind act each day. Check the box when you finish!

Name: _____ Start Date: _____

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Day 1 • Share a Kind Word

Tell someone something you appreciate about them.

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Day 2 • Lend a Hand

Help with a small task at home or in your classroom.

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Day 3 • Include Someone

Invite someone to join your game or activity.

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Day 4 • Make a Thank-You

Draw a picture or write a note for someone who helps you.

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Day 5 • Care for Your Space

Put away your things and help keep a shared space tidy.

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Day 6 • Listen with Kindness

Let someone share a story and give them your attention.

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Day 7 • Be Kind to Yourself

Say one thing you like about yourself. You matter, too!

My favorite kind act was:

Your kindness quest can keep going!

You can Quest anywhere!

