

ACTS OF KINDNESS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Parent's Signature

____/____/____
Date

KINDNESS COUNTS!

*"Fostering Kindness and Compassion in
Our Youth"*



*Elementary's
"Random Acts of Kindness
Booklet"*

INFORMATION FOR PARENTS

Dear Parent,

Welcome to the “Kindness Counts” program. My mission is to create a better community through the values taught in this program. In addition to physical challenges, your child will also face trials of character and spirit. The martial arts are not only about kicking and punching – I take great pride in training students to be good citizens and treat others with respect and kindness.

For two decades, I have brought Bully Defense and Anger Management programs to schools across the country. Bullying has become rampant with our youth and we help kids learn to recognize the symptoms of bullying and non-violent ways to handle these situations. I also teach kids how to handle anger and use “cool down” techniques to prevent fights.

Additionally, the “Kindness Counts” program instills and reinforces the same behaviors you expect of your children at home and at school. Character development and child safety is of the utmost importance in this program. Kids are taught strategies and specific tools that they can use immediately for when they face everyday challenges.

To reinforce these principles as well as impact the overall school community at _____ Elementary, we have challenged each child to participate in completing **10 Acts of Kindness** during the next week. Our goal is to have all the students of your school create _____ Acts of Kindness in the next week.

Please have your child use the worksheet on the back of this booklet to record their Acts of Kindness and turn into their teacher when they are completed. Feel free to make more copies so your child can continue their “Kindness” journey.

Sincerely,
Master Chris Natzke, 7th Dan
Black Belt Leadership Speaking & Coaching

How to Use This Booklet

The last page of this booklet is an Acts of Kindness log sheet. There are slots for 10 acts of kindness.

One sheet must be completed by the end of the “Kindness Counts” program, or ten acts.

When your child has completed the sheet, please sign and date it so they can hand it in at their next class.

Examples of Acts of Kindness:

1. Helping an injured friend get a band-aid
2. Clearing the dishes of other family members after a meal
3. Holding the door open for someone
4. Helping a younger sibling get a snack
5. Reading a book to a younger sister or brother
6. Saying “Please” and “Thank You”