

# Thoughtful Thursday



Each Thursday we will be reflecting on our personal acts of kindness and how these acts made you and others feel.

## Reflection

How did you feel performing your daily acts of kindness from last week?

Things to include:

- What did you notice?
- How did you feel?

How did the person receiving your kindness respond from last week?

Things to include:

- What did you notice?
- How did they feel?

List some acts of kindness you can do throughout the week in the table below.

<b>Day of the week</b>	<b>Act of Kindness</b>
<b>Thursday</b>	
<b>Friday</b>	
<b>Saturday</b>	
<b>Sunday</b>	
<b>Monday</b>	
<b>Tuesday</b>	
<b>Wednesday</b>	