

Kindness Football Field

Choose an act of kindness. Each time you perform your act of kindness, color or shade in 10 yards of the field. Then, write how you felt after completing the act of kindness. Strive to get a Kindness Touchdown by completing your act of kindness 10 times.

My act of kindness:	10	20	30	40	50	40	30	20	10	Kindness Touchdown
	10	20	30	40	50	40	30	20	10	