



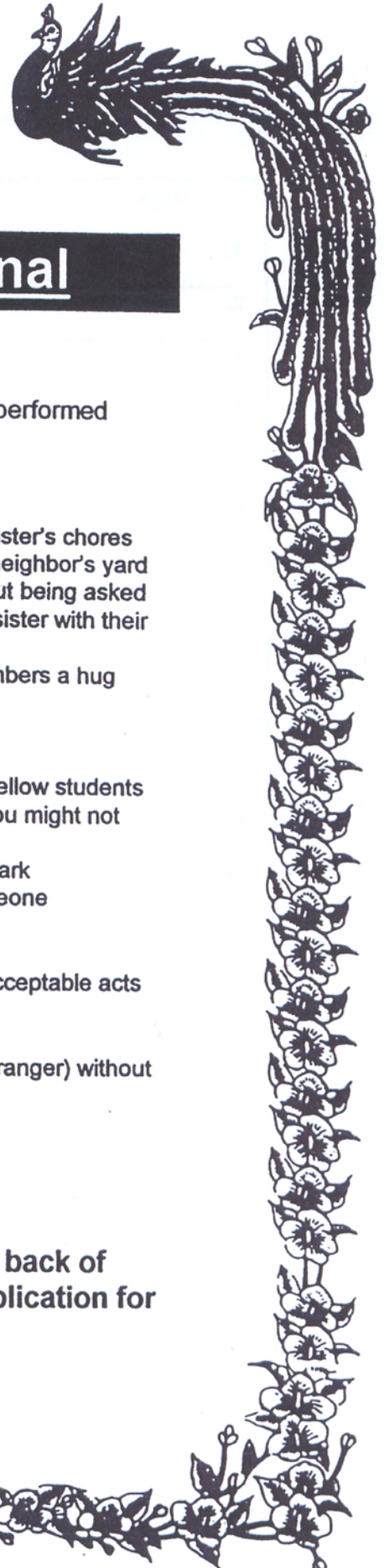
Your Name: _____

<u>Date</u>	<u>Random Act of Kindness</u>
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Other:	



TEAM MMA

MILLER'S MARTIAL ARTS



Random acts of kindness Journal

Random Acts Of Kindness: Kind, respectful or considerate acts performed without expectation of reward or recognition in return.

Things You Can Do at Home:

- *Help with the laundry without being asked
- *Make lunch for a family member
- *Pick up trash along a road/ sidewalk
- *Read to your little brother or sister
- *Hand write a letter or card to friends and family
- *Write a thank you note to someone for something they said or did
- *Do your brother's or sister's chores
- *Pick up trash in your neighbor's yard
- *Rake your yard without being asked
- *Help your brother or sister with their homework
- *Give your family members a hug just because

Other Suggestions:

- *Volunteer at a nursing home
- *Smile at an elderly person at the store
- *Smile and say hello to the bus driver
- *Give up your place in line at the grocery store to the person with just one item
- *Offer to help friend/ fellow students
- *Listen to someone you might not usually listen to
- *Clean up trash at a park
- *Open a door for someone

Things You Should NEVER Do:

- *Never do any random act of kindness without first going over a list of acceptable acts with your parents.
- *Never talk to or interact with a stranger without your parent's approval.
- *Never go into a house or a yard or get into a car of anyone (friend or stranger) without your parent's permission and supervision.
- *Never do anything that would put you or someone else in danger.

Please record your 20 random acts of kindness on the back of this form and turn it into the office along with your Application for Promotion before your test date.

