

McFinn.

Explore Kindness

See if you can explore all 12 acts of kindness with Captain McFinn! Try to do one act each day, and check the circle when you're done.



Help clean up after dinner. 1



2
Volunteer to help.



Pick up trash & throw it away. 3



4
Cheer up someone today.



5
Invite someone new to play with you and your friends.



6
Compliment your friends and family.



7
Write a thank you note to someone.



8
Do something for someone who needs help today.

9
Ask somebody how they're feeling today.



10
Share your toys today.

11
Do something nice for someone today and don't tell anyone.

12
Put your toys away without anyone asking you.



Try the #KindnessChallenge