SUPER FUNDAY

10 KINDNESS MISSIONS

Little acts. Big happy hearts!

Choose a mission and tick each player who joins!

Small acts of kindness take just a few minutes.

PLAYERS

01 **Notice & Thank**
Spot one helpful thing someone did today. Tell them exactly what you appreciated.
KINDNESS!
☐ ☐ ☐ ☐
1 2 3 4

02 **Help in a Tiny Way**
Ask someone what would help, then lend a hand with one small task.
KINDNESS!
☐ ☐ ☐ ☐
1 2 3 4

03 **Kindness Postcard**
Draw a cheerful picture or write a kind note for someone you care about.
KINDNESS!
☐ ☐ ☐ ☐
1 2 3 4

04 **Compliment Circle**
Take turns giving a sincere compliment about someone's effort, idea or kindness.
KINDNESS!
☐ ☐ ☐ ☐
1 2 3 4

05 **Share the Spotlight**
Let another player choose the next song, story or family game.
KINDNESS!
☐ ☐ ☐ ☐
1 2 3 4

06 **Appreciation Jar**
Each person names one thing they appreciate about your family. Write or draw it.
KINDNESS!
☐ ☐ ☐ ☐
1 2 3 4

07 **Make Room for All**
Think of one way to help everyone feel included in a game or conversation.
KINDNESS!
☐ ☐ ☐ ☐
1 2 3 4

08 **Listen Like a Friend**
Choose a speaker. Listen without interrupting, then share what you heard.
KINDNESS!
☐ ☐ ☐ ☐
1 2 3 4

09 **Secret Helper**
Pick a small, safe helpful job and surprise someone by doing it together.
KINDNESS!
☐ ☐ ☐ ☐
1 2 3 4

10 **Kindness Ripple**
Name one kind thing you could do today, then invite someone to join you.
KINDNESS!
☐ ☐ ☐ ☐
1 2 3 4