# *Acts of Kindness*

Write down the Acts of Kindness you have done around the house, at school, or in our community. Remember that these Acts of Kindness are something that you do for someone else and not yourself.

**Name /Date**

**Parent/Guardian Signature** _____

*©Copyright 2009 Goshin Karate & Judo Academy, Scottsdale Arizona 85254*

# *Acts of Kindness*

Write down the Acts of Kindness you have done around the house, at school, or in our community. Remember that these Acts of Kindness are something that you do for someone else and not yourself.

**Name /Date**

**Parent/Guardian Signature** _____

*©Copyright 2009 Goshin Karate & Judo Academy, Scottsdale Arizona 85254*