

CHOOSE KINDNESS

SUNDAY

**Introduce yourself!
Smile and say hello to
someone you haven't
met yet.**

Smile.

Hi. I'm (your name). What's your name?

Nice to meet you, (their name).

Ask a question.

Listen and respond!



CHOOSE KINDNESS

MONDAY

**Ask a friend 3
questions to
get to know
them better.**



CHOOSE KINDNESS

TUESDAY

**Share your
favorite
calm-down
strategy with
your cabin group.**



CHOOSE KINDNESS

WEDNESDAY

**Do the opposite
of what you
normally do in
conversations.**

More talking or more listening.



CHOOSE KINDNESS

THURSDAY

**Invite a friend
to do something
with you.**

Walk with you.

Do a free time activity with you.

Play cards with you.

Anything else!



**CHOOSE
KINDNESS**

FRIDAY

HIGH FIVE

FRIDAY!!

Give 10 high fives today!



CHOOSE KINDNESS

SATURDAY

**Fan some
friends'
candles!**

**Show them that you see their light!
Make them feel seen and loved and appreciated!**



CHOOSE KINDNESS

SUNDAY

**Send a postcard
or letter to a
family member.**

Let them know what you appreciate about them!



CHOOSE KINDNESS

MONDAY

Compliment a friend!

Share with them a verbal or written WOW on a positive character trait or strength.



CHOOSE KINDNESS

TUESDAY

**Express gratitude
to someone who
works behind the
scenes at camp.**



CHOOSE KINDNESS

WEDNESDAY

**Send a postcard
or letter to a
friend.**

Let them know what you appreciate about them!



CHOOSE KINDNESS

THURSDAY

**Pick up 10
pieces of trash
around your
cabin or camp.**



CHOOSE KINDNESS

FRIDAY

**Write a WOW or
note to someone
who made your
camp experience
great.**



**CHOOSE
KINDNESS**

SATURDAY

**Continue
CHOOSING
KINDNESS
when you get
home from camp.**

What kind words or actions will you do at home?

