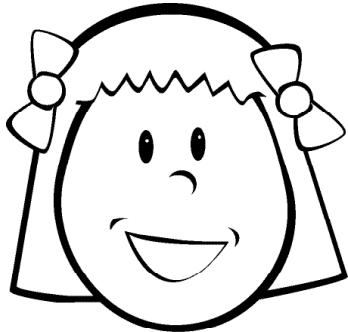


# ABC Integrity Time



Instructions: Show kindness to others in the following ways.  
Check off each day's assignment as it is completed.

- MONDAY** Give someone a compliment today.
- TUESDAY** Help a friend clean up a mess today.
- WEDNESDAY** Share a snack with a friend or family member today.
- THURSDAY** Guard your words today. Only say kind words to everyone you meet.
- FRIDAY** Today, say thank-you to all the people who serve you, your parents, your teacher, your bus driver, your cafeteria staff, etc.
- SATURDAY** Make a card or draw a picture for an elderly friend to brighten their day.
- SUNDAY** Spend some quiet time today thinking of more ways that you can show kindness in the future to those around you.

