

# 12

# DAYS OF KINDNESS with Smart Cat



The holidays are about family, fun, and kindness! Can you complete the Smart Cat kindness challenge? After you complete an activity, color in its lightbulb. Then tell us about your activities. If you send a copy of this sheet to your friends at SCETV, Smart Cat will send you a special gift!

- |   |  |
|---|--|
| <p>1 Lend a helping hand. Today, help a sibling, parent, friend, neighbor, or guardian with a task!</p>                                     | <p>7 Hold the door open for someone.</p>   |
| <p>2 Compliment someone today! Your kind words will make someone else smile!</p>  | <p>8 Do you have any toys, clothes, or books that are still in good condition that you don't use? If so, give them away to someone who could use them!</p> |
| <p>3 Make a card for someone. Show your appreciation for a family member or friend by making them a special card and giving it to them.</p> | <p>9 Spend time with a family member or friend. You can watch their favorite TV show, play a game, or take a walk together.</p>                            |
| <p>4 Remember to say "please" and "thank you" today to show your kind manners!</p>  | <p>10 Be kind to yourself. Move your body by exercising or playing.</p>  |
| <p>5 Watch a PBS KIDS show! All of the shows teach kindness!</p>  | <p>11 Find a book about kindness and read it! Think about how you can show kindness like the characters.</p>   |
| <p>6 Ask someone about their day. Sometimes, just asking people how they are doing makes them feel good.</p>                                | <p>12 Draw a picture of a loved one and write down three things you like about them. Give it to them as a special gift.</p>                                |

## TELL US ABOUT YOUR 12 DAYS OF KINDNESS!

What was your favorite activity and why?

---

---

How many different people did you show kindness to or help?

---

Which PBS KIDS show did you watch? What did you learn about kindness from the show?

---

What are other ways you can be kind?

---

Take a photo of this sheet and email it to us at [ETVeducation@scetv.org](mailto:ETVeducation@scetv.org) for a special gift from Smart Cat!