

**What's the nicest
thing someone has
done for you?**

**Who in your life
inspires you with
their kindness?**

**What act of
kindness do you do
regularly?**

**When was the last
time you helped
someone in need?**

**What makes you
feel happy when
someone does it
for you?**

**Can you recall a
time when you
received unexpected
kindness?**

**How do you show
kindness to your
family or friends?**

**What small acts
of kindness make
a big difference in
your life?**

**How can you
practice kindness
at school or work?**

**What's the best
way to spread
kindness in your
community?**