

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?