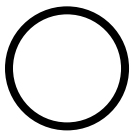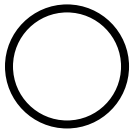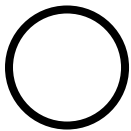# The Kindness Checklist!

Print Life Vest Inside's World Kindness Week checklist and join family and friends in performing acts of love and kindness right in your own community!
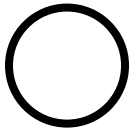
- ○ **Make someone smile.**
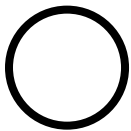 Here's a great tip: Smile at them first!
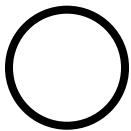
- ○ **Donate old books to your local library**

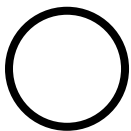- ○ **Drop off a batch of cookies to your local fire department.**
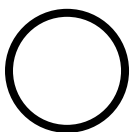
- ○ **Pick up trash in a local park.**

- ○ **Apologize to someone you may have hurt. Peace is the ultimate goal!**

- ○ **Invite someone new to hang out with you and your friends**

- ○ **Write a letter of gratitude to a teacher who has impacted your life.**

- ○ **Be Creative! Make your own Act of Kindness**
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lifevest inside