

SPRING KINDNESS CHECKLIST

HOW MANY CAN YOU CHECK OFF?

CARE
HARD



- TAKE THE INLIGHT KINDNESS PLEDGE
- WRITE A KIND MESSAGE TO SOMEONE ON A ROCK
- PRACTICE SOMETHING YOU WOULD LIKE TO GET BETTER AT
- DONATE BOOKS YOU DON'T READ ANYMORE TO A DONATION CENTER
- EAT VEGETABLES
- GO ON A NATURE HIKE AND SAY HI TO OTHERS THAT PASS YOU

- HELP PICK WEEDS
- TELL SOMEONE A SPRING JOKE
- TURN OFF THE LIGHTS WHEN NOT IN USE
- MAKE A BOOKMARK FOR YOUR TEACHER
- WRITE DOWN ONE THING YOU LOVE ABOUT YOURSELF
- DO THE INLIGHT PEANUT BUTTER CHALLENGE
- PRACTICE SAYING "PLEASE" AND "THANK YOU"
- INSPIRE OTHERS TO BE KIND



INLIGHT
INSTITUTE



jokes

LAUGHTER MAKES PEOPLE FEEL GOOD.
SHARE A NATURE JOKE WITH A
FRIEND OR FAMILY MEMBER TO TICKLE
THEIR FUNNY BRANCH.

Why are frogs so happy?

They eat whatever bugs them.

How did the bee brush his hair?

With a honeycomb.

Why did the bird go to the hospital?

It needed tweet-ment!

Why couldn't the flower ride a bike?

It lost its petals.

What kind of bow can't be tied or untied?

A rainbow.

Can bees fly in the rain?

Not without their yellow jackets!

Why did the worm cross the ruler?

To become an inchworm.

What is a frog's favorite sweet?

A lollihop.



INLIGHT'S KIND CLUB

Welcome to INLIGHT Institute's Kind Club. By signing your name under the Kindness Pledge, you now are an official member of the Kind Club and will help create a brighter, happier future for our world. Remember, one kind word, one smile, or one act of kindness can cause an explosion of goodness. Your kind thoughts and actions will make good happen.

Repeat the Kindness Pledge and make waves of kindness throughout the world.

KINDNESS PLEDGE

I promise to care about myself, others, and our planet. I will act in a way that is true and beautiful so I can light up the world with my thoughts, words, and actions.

Signature: _____