



# PROMOTING A CULTURE OF kindness

Student Name: \_\_\_\_\_

Next Grading Date: \_\_\_\_\_

Please enter 10 acts of kindness to be signed off by a responsible adult. This will provide eligibility to grade for your next belt.

<b>Acts of Kindness</b> <i>This can be anything that the adult considers to be help or thoughtfulness</i>	<b>Responsible Adult Signature</b>
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
<p style="text-align: center;"><b><i>I have tried my best to be my best - and to influence others to be the same!</i></b></p>	



*A little kindness every day, really goes a long, long way!*

