

Name: _____ Date: _____

“The Little New Year”

Directions: Each year when the New Year begins people make resolutions. Resolutions are choices or firm promises to change. They are choices to do new or different things. These new things are like favors, better for you or others. Some people don't wait for a New Year. They make a decision to do “random acts of kindness.” This means they help someone. They might try to help someone be happy. Often these people do the favor in secret. No one knows who did the good deed.

Make a list of random acts of kindness that you could do beginning right now, today. Be sure you are clear about exactly what you will do. Only choose things you can really do safely. Be sure the other person truly will be happy with what you are thinking about doing. Decide when you will do your random acts of kindness. Finally, share your list with an adult who can help you. The adult should agree it is safe and good for you to do these acts. You might like to think about donating your allowance to charity, cleaning up the yard at school or for your grandparents, reading a book to a smaller child, helping with dinner even though you weren't asked, and things like that.