Let the **Kindness Roll**

**What You’ll Need:** One (1) die from a set of dice.

**How to Play:** Roll once to determine the person to whom you will be kind. Roll again to identify the act of kindness you will bestow upon them.

### WHO

- Parent
- Sibling
- Teacher
- Friend
- Classmate
- Neighbor

### WHAT

- Hold the door open for them.
- Give them a compliment.
- Make a kindness rock or a kindness playlist to give them as a gift.
- Ask them about their day and use your Respectful Listening skills to really listen to them.
- Offer to assist them with a chore or task.
- Tell them a joke to make them laugh and/or cheer them up.

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