



## Live Your Why – Afterschool Edition

Do a random act of kindness for someone today.

Here is a list of ideas:



[randomactsofkindness.org/the-kindness-blog/2943-50-kindness-ideas-for-random-acts-of-kindness-day](https://randomactsofkindness.org/the-kindness-blog/2943-50-kindness-ideas-for-random-acts-of-kindness-day)

Why do you think acts of kindness are important?

What is something kind someone did for you?

How did it feel?



Looking for other ideas to help plan your afternoon? Visit us at [www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)