DESCREENED
LESS SCREEN. MORE LIFE.

SCREEN-FREE ACTIVITY 04

Kindness Mission

Choose five offline acts of kindness and brighten someone’s day.

AGES	TIME	YOU NEED
6-11	1 day	Kind heart + pencil

CHOOSE AT LEAST 5 MISSIONS

- [ ] Write a thank-you note
- [ ] Help set or clear the table
- [ ] Give someone a genuine compliment
- [ ] Read a story to a younger child
- [ ] Pick up litter with an adult
- [ ] Invite someone to join your game
- [ ] Make a drawing for someone
- [ ] Help with a chore without being asked
- [ ] Call or visit a relative
- [ ] Teach someone a skill you know
- [ ] Share a toy, book, or art supply
- [ ] Create your own kindness mission _____

KINDNESS REFLECTION

The kindness mission I enjoyed most was:

_____

It made me feel: _____