

KIND Name _____

Kindness Check-off

How can people help one another, animals, and the Earth? There are lots of things we can do. Some things that we do help people. Some things that we do help

animals or the environment. Some things that we do help people, animals, *and* the environment! For each line below, check one box, two boxes, or all three boxes.

Ways to help

**Helps
people**

**Helps
animals**

**Helps
the
environment**



1. Keep cats indoors.
2. Share things.
3. Pick up litter near a pond or stream.
4. Spay or neuter pets.
5. Notice how others are feeling.
6. Walk instead of riding in a car.
7. Use a canvas bag for shopping.
8. Be a good listener.
9. Recycle plastic containers.
10. Leave wild animals alone.
11. Take turns.
12. Smile.
13. Recycle cans and bottles.
14. Give away old clothing so others can use it.
15. Remember to say thank you.
16. Turn off lights when you leave a room.
17. Buy items with as little packaging as possible.
18. Play with pets.
19. Volunteer at the local humane society.
20. Use both sides of paper.

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Put a check beside the things that you think are harder to do. On the back of this sheet, tell what could make doing those things easier.