

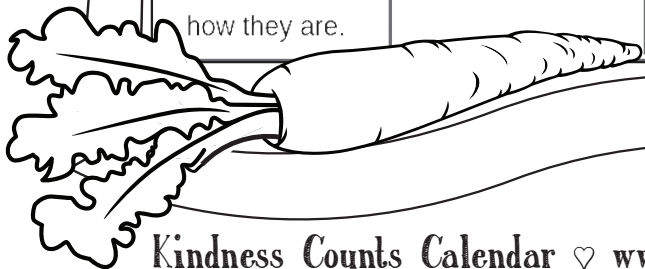


Kind Soup

OCTOBER

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Galatians 5:22-23.



SUN	MON	TUE	WED	THU	FRI	SAT
Write a thank you note to someone who helped you.	Ask someone new to play on the playground.	Smile at as many people as you possible.	Give someone a BIG Hug!	Hold a door open for someone.	Donate a book to a library.	Pick up garbage in your community.
Offer to walk a neighbors dog.	Say Thank you!	Do a chore without being asked.	Forgive someone who made a mistake.	Color a special picture and give it to someone.	Share a snack with someone who doesn't have one.	Make a bird feed out of a pinecone, peanut-butter and seeds.
Make no-bake cookies and share them with someone you don't know.	Tell someone a ' funny joke.	Give a compliment.	Make a card for a friend.	Plant a seed to bloom in the spring.	Rake your neighbors leaves.	Be Kind to yourself and do something you enjoy.
Call a family member to ask how they are.	Encourage a friend.	Carry a friends backpack.	Give a flower to your teacher.	Leave change in a vending machine for the next person.	Say Hi to someone new.	Make a meal and share it.