

## ACTS OF KINDNESS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

\_\_\_\_\_  
Parent's Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date

# KINDNESS COUNTS!

*"Fostering Kindness and Compassion in  
Our Youth"*



*Master Chris Natzke's  
"Random Acts of Kindness Booklet"*

## INFORMATION FOR PARENTS

Dear Parent,

Welcome to the *Kindness Counts* program. I appreciate the opportunity to work with your child. My mission is to create a better community through the values I teach within this program. In addition to physical challenges, your child will also face trials of character and spirit. The martial arts are not only about kicking and punching – I take great pride in training my students to be good citizens and treat others with respect and kindness.

I have been very proactive across the country with my Bully Defense and Anger Management programs. Bullying has become rampant with our youth and I help kids learn to recognize the symptoms of bullying and teach non-violent ways to handle these situations. I also instruct kids how to handle anger and use “cool down” techniques to prevent fights.

The *Kindness Counts* program will instill and reinforce the same values that you expect as a parent at home. Character development is of the utmost importance in the *Kindness Counts* program.

In this program, I will challenge your child to participate in completing 10 Acts of Kindness during the next week, to positively impact the level of courtesy, cooperation and kindness throughout their school community.

Please have your child use the worksheet on the back of this booklet to record their Acts of Kindness. Feel free to make more copies so your child can continue their “Kindness” journey.

Sincerely,

Master Chris Natzke, 8<sup>th</sup> Dan  
*Black Belt Leadership Speaking & Coaching*

## How to Use This Booklet

The last page of this booklet is an Acts of Kindness log sheet. There are slots for 10 acts of kindness.

One sheet must be completed by the end of the “Kindness Counts” program, or ten acts.

When your child has completed the sheet, please sign and date it so they can hand it in at their next class.

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## Examples of Acts of Kindness:

1. Helping an injured friend get a band-aid
2. Clearing the dishes of other family members after a meal
3. Holding the door open for someone
4. Helping a younger sibling get a snack
5. Reading a book to a younger sister or brother
6. Saying “Please” and “Thank You”