

Hold Your Breath Acts of Kindness Worksheet

	TOTAL FROM FIRST COLUMN		TOTAL FROM SECOND COLUMN
2		_ , _ _ _	_ , _ _ _ , _ _ _
x		x	x
2		2	2
_		_ , _ _ _	_ , _ _ _ , _ _ _
x		x	x
2		2	2
_		_ , _ _ _	_ , _ _ _ , _ _ _
x		x	x
2		2	2
_ _		_ _ , _ _ _	_ _ , _ _ _ , _ _ _
x		x	x
2		2	2
_ _		_ _ , _ _ _	_ _ , _ _ _ , _ _ _
x		x	x
2		2	2
_ _		_ _ , _ _ _	_ _ , _ _ _ , _ _ _
x		x	x
2		2	2
_ _ _		_ _ _ , _ _ _	_ _ _ , _ _ _ , _ _ _
x		x	x
2		2	2
_ _ _		_ _ _ , _ _ _	_ _ _ , _ _ _ , _ _ _
x		x	x
2		2	2
_ _ _		_ _ _ , _ _ _	_ _ _ , _ _ _ , _ _ _
x		x	x
2		2	2
_ , _ _ _		_ , _ _ _ , _ _ _	_ , _ _ _ , _ _ _ , _ _ _
x		x	x
2		2	2
_ , _ _ _		_ , _ _ _ , _ _ _	_ , _ _ _ , _ _ _ , _ _ _
x		x	x
2		2	2
_ , _ _ _		_ , _ _ _ , _ _ _	Acts of kindness after 30 days!