**Counting kindness**

This exercise is about focusing on and counting kind events and experiences in our lives. It’s another way of turning out attention to the positive things that are around us.

The activity is about spotting the examples of kindness that we experience every day but either don’t notice or forget about very quickly.

Over the next 24 hours, try to write down or remember as many examples of kind acts that you see, receive or have done yourself. These might be big or small. For example, a family member may do something kind for you.

What kindness did you notice?

1.

2.

3.

4.

5.

How did doing this make you feel?