

ALL TOGETHER NOW BABIES-KINDERGARTEN SUMMER READING TRACKER

**READ 200 MINUTES
CROSSING OUT A BLOCK FOR EVERY 10 MINUTES
AND COMPLETE ALL BLOCKS OF THE KINDNESS BINGO (ON THE BACK)
BETWEEN JUNE 5-30, 2023
*OR TRACK ON READERZONE WITH CODE 5A790**

NAME _____

All Together Now!

Kindness Bingo



High-five a friend.

Give yourself a pat on the back.

Pick something up off the floor.

Ask someone if they need help.

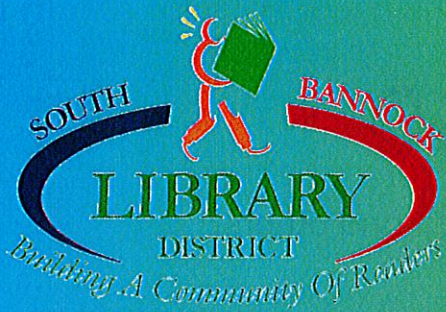
Ask a friend if they want a hug. (If they say yes, give them one!)

Say please and thank you.

Tell your friend something you like about them.

Draw a picture to give as a gift.

Wave at someone you don't know.



ALL TOGETHER NOW 1-8 GRADES SUMMER READING TRACKER

READ 400 MINUTES
CROSSING OUT A BLOCK FOR EVERY 20 MINUTES
AND COMPLETE ANY 5 BLOCKS OF THE KINDNESS BINGO (ON THE BACK)
BETWEEN JUNE 5-30, 2023
*OR TRACK ON READERZONE WITH CODE 3FF07

NAME

KINDNESS BINGO

Can you win at the game of being kind to yourself and others?

Do a chore at home that isn't normally your responsibility.

Read a picture book to someone younger.

Ask someone older than you to tell you a story about your life.

Listen to music that makes you smile for 30 minutes.

Tell a friend something you like or appreciate about them.

Move your body for 30 minutes in any way that feels good.

Ask at least 2 people how they're doing, and really listen to their replies.

Reread your favorite book from when you were little.

Give someone a thank you note for being amazing.

Volunteer at a local organization that's important to you.

Leave your mail carrier a thank you note.

Hold the door open for someone when entering or exiting a building.

BE
YOU!

Share your snack with someone.

Spend an hour learning about a culture different from your own.

Share your favorite hobby with a friend or family member.

Compliment someone.

Make a list of 5 things you like about yourself.

Recommend a book to a friend.

Pick up litter around your neighborhood (alone or with a friend).

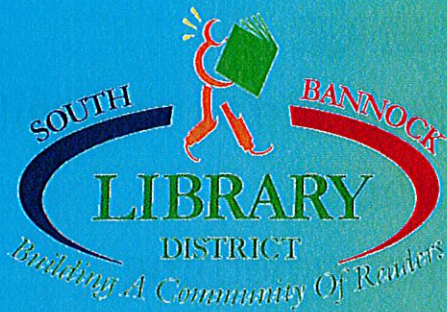
Write a letter to a friend or family member.

Take 10 deep breaths: Breathe in to a count of 4 and out to a count of 6.

Donate things you no longer use to a local organization.

Smile at someone you don't know.

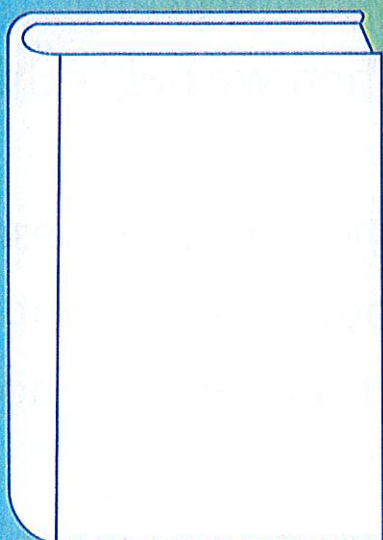
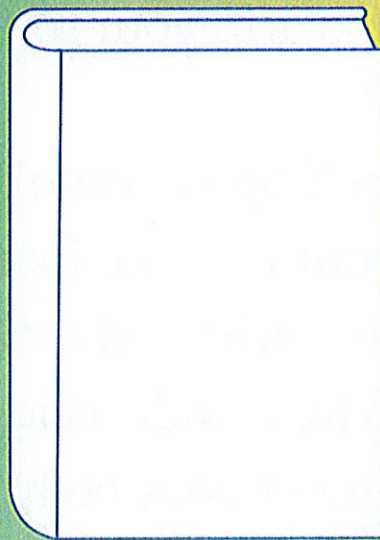
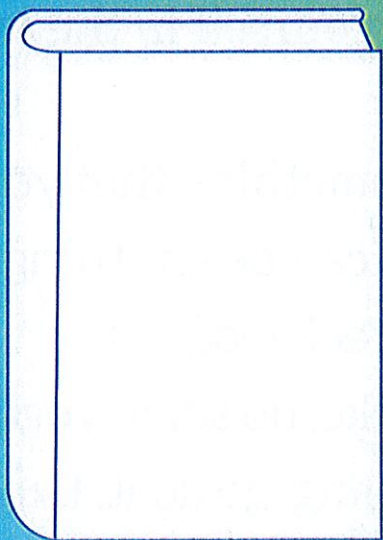
Make someone a gift.



ALL TOGETHER NOW HIGH SCHOOL & ADULT SUMMER READING TRACKER

READ 4 BOOKS, WRITING THE TITLES HERE AND
COMPLETE THE BE KIND TO YOURSELF CHALLENGE (ON THE BACK)
BETWEEN JUNE 5-30, 2023

*OR TRACK ON [READERZONE](#) WITH CODE 12768



NAME _____

BE KIND TO YOURSELF CHALLENGE

Being kind to yourself takes practice! And being kind to yourself is the first step to being kind to others!

- Recognize Yourself-Give yourself credit for something you've done or that you do really well. Take a moment to bask in glory. ☐
- Tell Yourself Something Kind-Look in a mirror and tell yourself something good about yourself. It can be anything from your looks to your soul. Look yourself in the eye when you say it. ☐
- Treat Yourself-Spend time doing something that you like, or eat one of your favorite foods. This can be anything that will lift your spirits and make you feel good. ☐
- Exercise-Go for a walk, ride your bike, do some yoga, play a sport—whatever your body likes doing, go do it. Exercise makes us feel good both mentally and physically. ☐
- Do Something for Someone Else-When we help others, we lift ourselves up too. ☐
- Breathe-Take a moment to slow down, and be present in the moment. Breathe in through your nose and out slowly through your mouth. Repeat three times and see how your mood changes. ☐
- Give Yourself Grace-Maybe you have made a mistake or didn't do as well as you hoped. Forgive yourself for not being perfect, and take the next steps forward. ☐