PACER's National Bullying Prevention Center®

How did doing something for others make you feel? (Place an "X" or color in the box(es) which apply to how you felt after completing an act of kindness.)								
HAPPY								
GRATEFUL								
IMPORTANT								
INCLUDED								
GOOD								
PROUD								
KIND								
(fill in other word)								
(fill in other word)								
(fill in other word)								

How do you think it made them feel?
(Place an "X" or color in the box(es) which apply to how you think they felt after experiencing your act of kindness.)

HAPPY								
GRATEFUL								
IMPORTANT								
INCLUDED								
GOOD								
RESPECTED								
KIND								
(fill in other word)								
(fill in other word)								
(fill in other word)								