

St George's Day Kindness Quest

Courage is choosing kindness!

St George is known for bravery. But bravery is not only about dragons.

Bravery can mean:

- Trying something new
- Helping someone without being asked
- Speaking kindly
- Keeping going when something feels tricky

That's why the Elf Mates have a special St. George's Day Kindness Quest for your little one

Your Quest Instruction

- Print off your shield from page 2.
- Decide on and complete four brave or kind actions.
- Write each one inside one of the four quadrants of your shield.
- Tick the box when you've done it.
- Write how it made you feel.

Encouraged by your year-round North Pole friends, the Elf Mates®.





Name :

Deed: -----

Completed?

How It Made Me Feel: -----

Deed: -----

Completed?

How It Made Me Feel: -----

Deed: -----

Completed?

How It Made Me Feel: -----

Deed: -----

Completed?

How It Made Me Feel: -----

