### KINDNESS CALCULATOR

#### What you did

1. How much did it help someone else?
   - [ ] Not at all
   - [ ] A bit 😊
   - [ ] A lot 😊😊

2. How much did it help someone feel good/happy?
   - [ ] Not at all
   - [ ] A bit 😊
   - [ ] A lot 😊😊

3. How much did it make you feel good about yourself?
   - [ ] Not at all
   - [ ] A bit 😊
   - [ ] A lot 😊😊

4. How many things did you give or do that money just can’t buy?
   - [ ] Kindness 😊
   - [ ] Support 😊
   - [ ] Was grown up 😊
   - [ ] Listened 😊
   - [ ] Time 😊
   - [ ] Helped someone feel happier 😊

5. How ‘valuable’ do you think the thing you did was worth in smiles?
   - [ ] Not at all
   - [ ] 1 😊
   - [ ] 2 😊😊
   - [ ] 3 😊😊😊
   - [ ] 4 😊😊😊😊
   - [ ] 5 😊😊😊😊😊
   - Really Valuable

### My totals are

<table>
<thead>
<tr>
<th>I got this much money</th>
<th>I got this many smiles 😊</th>
</tr>
</thead>
</table>

What could you do to add even more smiles to what you did?