

Be Like Buddy Kindness Tracker

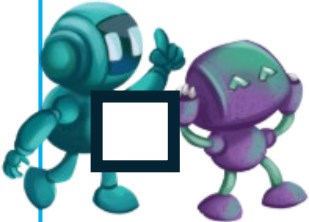
Write down all the ways you're spreading kindness during World Kindness Week November 9-13, 2026

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I said something kind today.

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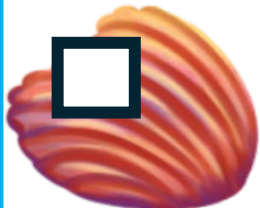
I spent time with a friend or family member.

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I helped someone without being asked.

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I gave a hug, high-five, or smile to brighten someone's day.

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I shared or gave something to make someone feel special.

Visit www.Aflac.com/BeyondWords to learn more about Buddy and how you can spread Seeds of Kindness.

