



A BASKETFUL OF LOVE

THEME 15

THE KINDNESS KIT

Extended Digital Companion —
Workbook Edition

A Basketful of Love — Light with Intention

WELCOME



Welcome to Theme 15: The Kindness Kit

This workbook is centered around spreading kindness through thoughtful, intentional gifting.

The Kindness Kit encourages small acts of care, generosity, and compassion that leave a lasting impact.

Use these pages to create a gift that warms hearts and nurtures connection.

SETTING YOUR INTENTION



Who is this kindness-focused gift for?

What kind of kindness do they need right now?

My intention for this Kindness Kit is:

YOUR BASKET VISION



What feeling should this Kindness Kit create?
(Check or circle any that apply)

- ☐ Cared For
- ☐ Supported
- ☐ Encouraged
- ☐ Loved
- ☐ Seen
- ☐ Comforted
- ☐ Uplifted
- ☐ Calm

Other: _____

Describe the atmosphere you want this basket to capture:

GIFT ITEMS BRAINSTORM



What items or gestures communicate kindness?

Think about: comfort items, thoughtful notes,
gentle surprises, supportive details

List your ideas below:

COLOR & THEME FEELING BOARD



Choose the tone for your Kindness Kit:

- ☐ **Soft & Soothing**
(pastels, light neutrals)
- ☐ **Warm & Heartfelt**
(rosy tones, gentle warmth)
- ☐ **Simple & Gentle**
(clean lines, soft textures)

My chosen palette or style:



MESSAGE / AFFIRMATION CREATOR



Write 2–3 kind messages or affirmations to include:

1. →

2. →

3. →

Optional:
Rewrite one as a short phrase
suitable for a tag or card.

PERSONAL REFLECTION



Why does kindness feel powerful in gifting?

How can small acts of kindness make a difference?

GRATITUDE MOMENT



Write three things you're grateful for about giving kindness:

1.

2.

3.

WRAP-UP PAGE



Your Kindness Kit Takeaway Message:

What does The Kindness Kit represent to you?

Date Completed: