

TAKE THE KINDNESS CHALLENGE

HOW MANY ACTS OF KINDNESS CAN YOU COMPLETE IN 1 WEEK?

- Smile at 20 people
 - Slip a nice note in your friends backpack
 - Compliment 5 people
 - Pick up 10 pieces of trash on campus
 - Introduce yourself to a new person at school
 - Tell a joke and make someone laugh
 - Be kind to yourself and eat a healthy snack
 - Learn something new about your teacher
 - Draw a picture and give it to someone
 - Help a younger student
 - Recycle your trash
 - Hug your sibling . . . like a BIG HUG.
 - Say "Thank you" to a crossing guard.
 - Let a new person play / hangout with you
 - Send a Thank You note to the Superintendent
 - Offer to help your custodian
 - Sit with a new group of kids
 - Read a book to a younger child
 - Give an apple or a note to your teacher
 - Stand up for someone in need
 - Carry your friends books / backpack
 - Leave a nice note in a random library book
 - Lend a pencil / pen to a friend
 - Learn to say "Hello" in another language
 - Bring a flower to the office staff
 - Show appreciation to your principal in a creative way
 - Help your teacher with a needed task
 - Be on time for school
 - Say "Thank You" to a volunteer
 - Give 20 compliments
 - Create your own Kind deed
 - Write a nice note on your class whiteboard
 - Hold the door open for 15 people
 - Dance for no reason until someone smiles
 - Be kind to yourself and drink 4 glasses of water
- Help someone with special needs
- Give your parents a big hug when they get home from work