



The Great Kindness Challenge®

SCHOOL EDITION

Your Kindness Matters!

We challenge you to complete as many acts of kindness as you can in one week. Have fun!

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Kind Acts

- Smile at 25 people.
- Surprise a friend with a nice note.
- Compliment 5 people.
- Pick up 10 pieces of trash on campus.
- Make a new friend.
- 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.
- Give a KIND handshake to greet a classmate.
- Recycle your trash.
- Hug your friend.
- Pick up trash outside your school.
- Cut out 10 hearts & give them to friends.
- Entertain someone with a happy dance.
- Make a kind poster for cafeteria helpers.
- Show appreciation to a counselor or mentor.
- Say "good morning" to 15 people.
- Design a thank you for the PTA/PTO.
- Make a wish for a child in another country.
- Say "thank you" to a crossing guard.
- Invite a new friend to play/hang out with you.
- Send a thank you to your superintendent.
- Offer to help your custodian.
- Sit with a new group of kids at lunch.
- Read a book to a younger child.
- Give an apple or a note to thank your teacher.
- Step up for someone in need.
- Make and display a "KINDNESS MATTERS" sign.
- Carry your friend's books.
- Help your PE teacher with the equipment.
- Make a bookmark for a friend.
- Hold the door open for someone.
- Pat yourself on the back.
- Thank a bus driver or carpool driver.
- Write a thank you on a bandage for the nurse.
- Listen to your teacher the first time.
- Whisper "thank you" to the librarian.
- Help someone up if they fall down.
- Lend a pencil to a friend.
- Learn to say "hello" in a new language.
- Bring a flower to the office staff.
- Show appreciation to your principal creatively.
- Help your teacher with a needed task.
- Be on time for school.
- Say "thank you" to a volunteer.
- Give your friend a high five.
- Make a friendship gift for someone new to you.
- Create your own kind deed.



#GreatKindnessChallenge

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(Your Name Here)

FREE APP!

