

Your Kindness Matters

We challenge you to complete as many acts of kindness as you can.

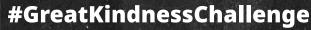
Have fun and smile big knowing that you are making a difference at your school and beyond!

Kind Acts





☐ Smile at 25 people.	☐ Say "good morning" to 15 people.
Slip a nice note in your friend's backpack.	☐ Make & display an uplifting message around your school.
Sincerely compliment 5 people.	Read a book to a younger child.
Pick up 10 pieces of trash on campus.	☐ Step up for someone in need.
Be kind to yourself & eat a healthy snack.	☐ Make & display a KINDNESS MATTERS sign.
Learn something new about your teacher.	☐ Say "hi" or cheer someone up who looks sad.
Tell a joke and make someone laugh.	☐ Decorate a kindness rock & randomly place it.
☐ Be kind to yourself & create an <u>I Am</u> poster.	☐ Hold the door open for someone.
☐ Draw a picture & give it to someone.	☐ Pat yourself on the back.
☐ Be kind to yourself & take a <u>Breather Break</u> .	☐ Learn to say "hello" in a new language.
Cut out 10 hearts & give them to friends.	☐ Show appreciation to your principal creatively.
Entertain someone with a happy dance.	☐ Offer to help your custodian.
☐ Be kind to yourself & do 10 one-minute exercises.	☐ Make a friendship gift for someone new to you.
List 10 things you are grateful for.	☐ Sit with a new group of kids at lunch.
Make & send a happy card to a senior friend.	☐ Go a whole day without complaining & use only
Show appreciation to a counselor or mentor.	positive words for the entire day.
Make a wish for a child in another country.	☐ Find something you have in common with a classmate.
Send a Thank You to your superintendent.	☐ Tell a current or past teacher how they've inspired you.
Learn something new about a different culture.	☐ Say "sorry" to someone you may have hurt.
Give a KIND handshake to greet a classmate.	☐ Make a bookmark for a friend.
☐ Recycle your trash.	☐ Bring a flower to the office staff.
☐ Help a younger student.	☐ Say "thank you" to a volunteer.
Invite a new friend to play/hang out with you.	☐ Create a kind surprise for another class.
Make a kind poster for cafeteria helpers.	☐ Take a walk and connect with nature.
Donate toys, clothes or food to a charity	Raise funds for a cause you care about.
or someone in need.	☐ Create your own kind act.
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GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org





