



The Great Kindness Challenge

CLASSROOM EDITION

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

#GreatKindnessChallenge

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(Your Name Here)

