



The Great Kindness Challenge®

**HYBRID EDITION
FOR SCHOOL & HOME**

Your Kindness Matters

We challenge you to complete as many acts of kindness as you can. Remember, social distancing is kind, too!

Stay safe, have fun and smile big knowing you are making the world a better place!

Kind Acts

- Smile at 25 people
- Leave a nice note on your friend's desk
- Sincerely compliment 5 people
- Pick up 10 pieces of trash on campus
- Be kind to yourself & do 10 one-minute exercises
- Tell a joke & make someone laugh
- Be kind to yourself & eat a healthy snack
- Learn something new about your teacher
- Draw a picture & give it to someone
- Wink & flash a peace sign to greet a classmate
- Recycle your trash
- Design a kind craft for your family
- Cut out 10 hearts & leave them for friends to find
- 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
- Place a nice note on a family member's pillow
- Raise funds for a cause you care about
- Go a whole day without complaining & use only positive words for the entire day
- Tell a current or past teacher how they've inspired you
- Step up for someone in need
- Make and display a KINDNESS MATTERS sign
- Create a thank you note/sign for essential workers
- Make a bookmark for a friend
- Hold the door open for someone
- Pat yourself on the back
- Make 10 Love Links for Kindness Unites Paperchain
- Write a thank you on a bandage for the nurse
- Listen to your teacher the first time
- Call or video chat your grandparent or esteemed elder
- Paint a rock & leave it somewhere to surprise someone
- 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
- Say "hi" or cheer someone up who looks sad
- Be on time for school
- Make & display 10 positive notes around your house
- Wave & say thank you to room duty or campus supervisor
- Make & deliver a happy card to a senior friend
- Say "sorry" to someone you may have hurt
- List 10 things you are grateful for
- Embrace your family with a big hug
- Create your own kind deed

#GreatKindnessChallenge

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(Your Name Here)

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