

Your Kindness Matters!

We challenge you to complete as many acts of kindness as you can in one week. Have fun and smile big knowing that you are changing the world for good!

Kind Acts

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



#GreatKindnessChallenge

GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org

