



We challenge you to perform as many kind deeds as you can in one week. Using the checklist below, check off your acts as you go.

Have fun!



Kindness Challenges

January 22—January 26

- Smile at 25 people
- Slip a Nice Note/Picture In Your Friend's Backpack
- Say "Thank You" to Your Parent(s)/Guardian(s)
- Pick Up 10 Pieces of Trash
- Make a New Friend
- Tell a Joke to Make Someone Laugh
- Be Kind to Yourself-Eat a Healthy Snack
- Learn Something New About Your Teacher
- Invite Someone New to Sit and Work Together
- Help Another Student
- Give a Kind Handshake to an Adult
- Learn Something New About Another Student
- Learn to Say "Hello" in a New Language
- Say "Good Morning" to 5 People
- Make a Card for a Friend
- Say "Thank You" to the Crossing Guard
- Say "Thank You" to the Custodian
- Say "Thank You" to the Principal
- Sit with a New Group at Lunch
- Read a Book to a Younger Child
- Compliment 5 People
- Step Up for Someone in Need
- Make a "Kindness Matters" Sign
- Carry a Friend's Books to Class
- Write a Thank You to the Nurse
- Write a Thank You to the Bus Driver
- Hold the Door for Someone
- Write a Thank You to the Librarian
- Help Someone if They Are Down
- Lend a Pencil to a Friend
- Say "Thank You" to the Office Staff
- Recycle
- Help Your Teacher with a Task
- Be On Time for School And Classes
- Give Your Friend a High Five
- Pat Yourself on the Back