



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.

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 healthcare workers.
- Make a bookmark for a friend.
- Hold the door open for someone.
- Pat yourself on the back.
- Take a family walk and greet those you pass.
- Write a thank you on a bandage for the nurse.
- Listen to your teacher the first time.
- Call or visit 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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