The Great Kindness Challenge®

SCHOOL EDITION
SOCIALLY DISTANCED

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
- ❑ Place a nice note on a family member's pillow
- ❑ Sincerely compliment 5 people
- ❑ Pick up 10 pieces of trash around your house
- ❑ Make a new friend
- ❑ 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
- ❑ Be kind to yourself and take a 10 minute relaxing break
- ❑ Learn something new about a different culture
- ❑ Recycle your trash
- ❑ Design a kind craft for your family
- ❑ Make a wish for a child in another country
- ❑ Offer to help your teacher
- ❑ Entertain someone with a happy dance
- ❑ Make and display 5 positive notes around your house
- ❑ Show appreciation to a counselor or mentor
- ❑ Say or text “good morning” to 15 people
- ❑ Call or video chat your grandparent or esteemed elder
- ❑ Make a wish for a child in another country
- ❑ Tell a current or past teacher how they've inspired you
- ❑ Say "sorry" to someone you may have hurt
- ❑ Share a positive quote with a friend
- ❑ Find a positive quote and recite it daily this week
- ❑ Step up for someone in need
- ❑ Read a book to a younger child
- ❑ Tell your teacher you appreciate them
- ❑ Be kind to yourself & do 10 one-minute exercises/or walk
- ❑ Make and display a KINDNESS MATTERS sign
- ❑ Create a thank you note/sign for essential workers
- ❑ Encourage your classmates
- ❑ Embrace your family with a big hug
- ❑ Complete a chore at home
- ❑ Pat yourself on the back
- ❑ Find something you have in common with a classmate
- ❑ Turn in your work on time
- ❑ Listen to your teacher the first time
- ❑ Send a thank you to the librarian
- ❑ Decorate a kindness rock and leave it somewhere
- ❑ Say "hi" or cheer someone up who looks sad
- ❑ Learn to say “hello” in a new language
- ❑ Complete your work during class
- ❑ Show appreciation to your principal creatively
- ❑ Help your teacher with a needed task
- ❑ Be on time for class
- ❑ Go a whole day without complaining
- ❑ Use only positive words for the whole day
- ❑ Offer to help your parent/guardian with a task
- ❑ Create your own kind act

Kids for Peace

#GreatKindnessChallenge

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