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
- ❑ Leave a nice note on your friend's desk
- ❑ Sincerely compliment 5 people
- ❑ Pick up 5 pieces of trash on campus
- ❑ 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
- ❑ Help a younger student
- ❑ Appropriately greet a classmate
- ❑ Recycle your trash
- ❑ Say "hi" or cheer someone up who looks sad
- ❑ Be kind to yourself and eat a healthy snack
- ❑ Cut out 10 hearts/notes & leave them for friends to find
- ❑ Entertain someone with a happy dance
- ❑ Make a kind poster/note for cafeteria workers
- ❑ Show appreciation to a counselor or mentor
- ❑ Say "good morning" to 15 people
- ❑ Go a whole day without complaining
- ❑ Make a wish for a child in another country
- ❑ Say "thank you" to a custodian
- ❑ Call or video chat your grandparent or esteemed elder
- ❑ Say "sorry" to someone you may have hurt
- ❑ Offer to help your custodian
- ❑ Safely sit with a new group of kids at lunch
- ❑ Read a book to a younger child
- ❑ Tell your teacher you appreciate them
- ❑ Step up for someone in need
- ❑ Make and display a KINDNESS MATTERS sign
- ❑ Create a thank you note/sign for essential workers
- ❑ Encourage classmates
- ❑ Tell a current or past teacher how they've inspired you
- ❑ Hold the door open for someone
- ❑ Pat yourself on the back
- ❑ Thank a bus driver, car pool driver, parent/guardian
- ❑ Use only positive words for the whole day
- ❑ Listen to your teacher the first time
- ❑ Whisper thank you to the librarian
- ❑ Paint a rock & leave it somewhere to surprise someone
- ❑ Introduce yourself to someone new during recess/break
- ❑ Learn to say "hello" in a new language
- ❑ Turn in your assignments on time
- ❑ Show appreciation to your principal creatively
- ❑ Help your teacher with a needed task
- ❑ Be on time for school
- ❑ Be kind to yourself and take a walk or perform an exercise
- ❑ Check-in and say "hello" to an old friend
- ❑ Pick out a positive quote and recite it daily
- ❑ Create your own kind deed

#GreatKindnessChallenge

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FREE APP!

(Your Name Here)