



# The Great Kindness Challenge

## SCHOOL EDITION

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!

Kindly presented by



## The Challenges

- Smile at 25 People
- Slip a Nice Note in Your Friend's Backpack
- Compliment 5 People
- Pick Up 10 Pieces of Trash on Campus
- Sing to Ms. Williams
- Tell a Joke and Make Someone Laugh
- Be Kind to Yourself and Eat a Healthy Snack
- Learn Something New about Your Teacher
- Draw a Picture and Give It to Dr. Pent
- Help a Younger Student
- Give a KIND Handshake to Greet a Classmate
- Bring Ms. Bieski a handmade smiley face
- Hug Your Friend
- Pick Up Trash Outside Your School
- Cut Out 10 Hearts & Give Them t10 teachers
- 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
- Tell Mrs. Martel She has a pretty Smile
- Invite a New Friend to Play/Hang Out with You
- Send a Thank You to Your Superintendent-Dr. Wynder
- Offer to Help Your Custodian
- Sit with a New Group of Kids at Lunch
- Read a Book to a Younger Child
- Give an Apple or a Note to Your Teacher
- Step Up for Someone in Need
- Make and Display a "Kindness Matters" Sign
- Carry Your Friend's Books
- Help Your PE Teacher with Equipment
- Make a Bookmark for a Friend
- Hold the Door Open for Someone
- Bring Mrs. Croce a Donut
- Thank a Bus Driver
- Write a Thank You on a Band-Aid for the Nurse
- Listen to Your Teacher the First Time
- Whisper Thank You to the Librarian
- Bring Mr. Baione Some Smarties
- Lend a Pencil to a Friend
- 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
- Tell Mrs. O'Brien She is AWESOME
- Say "Thank You" to a Volunteer
- Give Mr. Kulak a High Five
- Make a Friendship Gift for Someone New to You
- Create Your Own Kind Deed



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