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 Dignity Health

The Challenges

- ❑ Smile at 25 People
- ❑ Make a kind card for someone
- ❑ Complement 5 People
- ❑ Pick Up 10 Pieces of Trash on Campus
- ❑ Make a New Friend
- ❑ 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 Someone
- ❑ Help a Younger Student
- ❑ Give a KIND Handshake to Greet a Classmate
- ❑ Recycle Your Trash
- ❑ Hug Your Friend (ask first)
- ❑ Pick Up Trash Outside Your School
- ❑ Cut Out 10 Hearts & Give Them to Friends
- ❑ 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
- ❑ Offer to Help Your Custodian
- ❑ Keep our campus clean by throwing your trash away
- ❑ 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 the campus supervisors with Equipment
- ❑ Make a Bookmark for a Friend
- ❑ Hold the Door Open for Someone
- ❑ Pat Yourself on the Back
- ❑ Thank a Bus Driver or Carpool 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
- ❑ Help Someone Up If They Fall Down
- ❑ 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
- ❑ Be on Time for School
- ❑ Say "Thank You" to a Volunteer
- ❑ Give Your Friend a High Five
- ❑ Make a Friendship Gift for Someone New to You
- ❑ Create Your Own Kind Deed

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