

Kindness Challenge

Idea Bank

Help with a chore at home.

Mail a note or drawing to someone.

Read a book to someone or listen to a younger student read.

Write a thank you note or draw a picture and leave in your mailbox for your mail carrier.

Go for a walk and pick up any trash you see along the way (be sure to wear gloves when you do).

Leave a positive note in a random library book for someone to find.

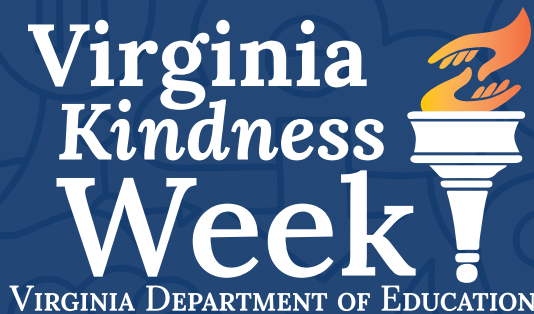
Make a list of 10 things you are grateful for.

Apologize to someone you may have hurt.

Clean up a mess that wasn't yours.

Paint kindness rocks and drop them off around town. www.thekindnessrocksproject.com

Share with someone.



Write a note or draw a picture to thank a Veteran. If you don't know who to send it to visit: amillionthanks.org

Use chalk to write cheerful messages on the sidewalk.

Challenge yourself to have a complaint free day.

Take a walk outside today and enjoy nature.

SCAN FOR MORE ON
KINDNESS WEEK



Give someone in your family a hug and tell them you love them.

Thank a firefighter, police officer, first responder, or healthcare worker for their service.

Offer to help a neighbor with something.

Send or tell someone a joke.

Help make dinner.

Make a card for a neighbor.

Send a teacher a thank you note.

Compliment or encourage another student.