

# Kindness Challenge

## Idea Bank

Donate or volunteer at your local food bank.

Listen to an inspiring podcast or read an inspiring book.

Ask a neighbor, parent, or friend if there is anything you can help them with.

Offer to tutor or read with a younger student for free.

Thank someone in your community that makes a difference.

Leave a positive note on a bathroom mirror, locker, or desk for someone to find.

Text a friend and tell them why you admire them.

Send a motivational quote or text to a friend.

Forgive someone you've been angry with.

Make a list of 10 things that you are looking forward to!

Stay after class or remain logged into your virtual meeting to tell your teacher what you liked about their lesson.

Do something kind for yourself today, drink more water, exercise, practice mindfulness, or take a brain break.

Tell someone in your family why you are grateful for them.



Watch out for negative self-talk and be kind to yourself.

Surprise a local cashier with some flowers, a kind note or just tell them "Thank You!"

Make an uplifting playlist and share it with a friend.

Go through your closet and donate clothing or toys you don't use to a local charity.

SCAN FOR MORE ON  
KINDNESS WEEK

Find an inspirational quote. Write it on a sticky note and leave it for someone to find.



Enjoy nature. Spend some time outside today.

Join a Kindness Movement!  
Check out:  
[Youmattermarathon.com](http://Youmattermarathon.com)  
or  
[thekindnessrocksproject.com](http://thekindnessrocksproject.com)

Post a positive message of gratitude, hope or kindness on social media.

Do something for the environment today!

Call or mail a relative a message.

Challenge yourself to have a complaint free or social media free day!