

# Kindness Challenge February 2019

Name: \_\_\_\_\_

How many of these challenges can you complete in February? Write your initials in each box as you complete the challenge.

At the end of the month add up your total number of days completed, have a parent sign it, then turn it in to Mr. Evans for a prize!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Make a nice card for a friend or teacher	Clean up after a meal at home
3	4	5	6	7	8	9
Do a chore at home without being asked	Thank a custodian for all that they do	Tell your teacher why you are glad you are in their class	Say hello to 5 different people	Pick up a piece of litter and throw it away	Give someone a hug	Do a chore at home without being asked
10	11	12	13	14	15	16
Tell someone you are proud of them and why	Give out 5 compliments	Offer to help someone who needs it	Thank a breakfast or lunch lady for all that they do	Tell a family member that you love them	Hold the door open for someone	Play a game instead of watching tv or video games
17	18	19	20	21	22	23
Write a hand-written letter to a friend	Give others your full attention	Tell a friend about a book you read and liked	Tell a silly joke and make someone laugh	Thank the principal for all that they do	Help someone at school	Leave a happy note somewhere
24	25	26	27	28		
Hold the door open for someone	Make sure to say please and thank you	Thank the school nurse and secretary for all that they do	Give out 3 compliments	Repeat your favorite kindness challenge		
			<b>K</b>	<b>I</b>	<b>N</b>	<b>D</b>

Total Days Completed = \_\_\_\_\_

Parent Signature \_\_\_\_\_