

Newark's

Random Acts of Kindness Challenge

Rules: for the next 20 days, we will develop the habit of living in kindness daily. During the Mindful Moment the kindness challenge for the day will be read. The random acts of kindness will be posted on the social work bulletin board in the lunchroom if you forget what it is for the day. On some days there will be a little bit of an extra challenge and a chance to win a prize if completed.

- Day 1** Read the Twitter conversation on the Social Work Bulletin Board in the lunchroom. Find a situation today to change the negative into a positive. Be creative.
- Day 2** On a sticky note write **3 positive words** about yourself and post it on the outside of your locker. Keep it up until the end of the challenge.
- Day 3** Say thank you to a staff member today for something they did for you in the past, and tell them what it meant to you for whatever you are saying thank you for.
- Day 4** Place an anonymous encouraging note on someone's locker via sticky note. Do it for someone you don't usually talk to.
- Day 5** Smile as often as you can today.
- Day 6** Perform any act of kindness of your choosing.
- Day 7** Give 3 or more sincere compliments to different people in the building today.
- Day 8** Help out a staff member today.
- Day 9** Pick up any trash you see in the school and put it in the garbage.
- Day 10** Go into the main office today and say something nice and sincere to anybody that is in there.
- Day 11** Find a classmate and tell them how they have made a positive difference in your life. No matter how big or small.
- Day 12** Let somebody go in front of you in the lunch line or throw somebody's lunch out for them when they are done eating.
- Day 13** Help somebody find a solution to a problem. Maybe a homework problem, something going on in their life or anything you can think of.
- Day 14** Sit by someone you have never sat by in lunch for the entire period. Learn something new about that person/people.
- Day 15** Do something out of your comfort zone today that is positive. Maybe participate in a class that you usually don't or talk to someone who you have always wanted to, but never have.
- Day 16** Practice some mindfulness today. Google Mindfulness if you need an example or ask Mr. Fitzer or Mrs. McAnally for an activity. If you know some mindfulness activities, not only practice today, but also help others out.
- Day 17** Be consciously respectful today. With your respectful words, actions and attitudes lift the spirits of everybody in the building.
- Day 18** Apologize to somebody today. Think about something you did in the past that you know you should apologize for, but never did. Muster up the courage and do it.
- Day 19** Find some goodness in somebody that you have had some difficulties with in the past. Purposefully think of someone and come up with 2 or 3 reasons of why they are good. Maybe even go tell them.
- Day 20** Be the change you wish to see. How would you like the world to be? Start doing it and lead by example.