



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

Monday
Tuesday
Wednesday
Thursday
Friday

- | | |
|--|--|
| <input type="checkbox"/> Smile at 25 People | <input type="checkbox"/> Sit with a New Group of Kids in class or in the gym |
| <input type="checkbox"/> Slip a Nice Note in Your Friend's Backpack | <input type="checkbox"/> Read a Book to a Younger Child |
| <input type="checkbox"/> Compliment 5 People | <input type="checkbox"/> Give an Apple or a Note to Your Teacher |
| <input type="checkbox"/> Pick Up 10 Pieces of Trash on Campus | <input type="checkbox"/> Step Up for Someone in Need |
| <input type="checkbox"/> Make a New Friend | <input type="checkbox"/> Make and Display a "Kindness Matters" Sign |
| <input type="checkbox"/> Tell a Joke and Make Someone Laugh | <input type="checkbox"/> Carry Your Friend's Books |
| <input type="checkbox"/> Be Kind to Yourself and Eat a Healthy Snack | <input type="checkbox"/> Help Your PE Teacher with Equipment |
| <input type="checkbox"/> Learn Something New about Your Teacher | <input type="checkbox"/> Make a Bookmark for a Friend |
| <input type="checkbox"/> Draw a Picture and Give It to Someone | <input type="checkbox"/> Hold the Door Open for Someone |
| <input type="checkbox"/> Help a Younger Student or Sibling | <input type="checkbox"/> Pat Yourself on the Back |
| <input type="checkbox"/> Give a KIND Handshake to Greet a Classmate | <input type="checkbox"/> Thank a Bus Driver |
| <input type="checkbox"/> Recycle Your Trash | <input type="checkbox"/> Write a Thank You on a Band-Aid for the Nurse |
| <input type="checkbox"/> High Five Your Friend | <input type="checkbox"/> Listen to Your Teacher the First Time |
| <input type="checkbox"/> Pick Up Trash Outside Your School | <input type="checkbox"/> Whisper Thank You to the Librarian |
| <input type="checkbox"/> Cut Out 10 Hearts & Give Them to Friends | <input type="checkbox"/> Help Someone Up If They Fall Down |
| <input type="checkbox"/> Entertain Someone with a Happy Dance | <input type="checkbox"/> Lend a Pencil to a Friend |
| <input type="checkbox"/> Make a Kind Poster for Cafeteria Helpers | <input type="checkbox"/> Learn to Say "Hello" in a New Language |
| <input type="checkbox"/> Show Appreciation to a Counselor or Mentor | <input type="checkbox"/> Bring a Flower to the Office Staff |
| <input type="checkbox"/> Say "Good Morning" to 15 People | <input type="checkbox"/> Show Appreciation to Your Principal Creatively |
| <input type="checkbox"/> Design a Thank You Card for your Assistant Principal | <input type="checkbox"/> Help Your Teacher with a Needed Task |
| <input type="checkbox"/> Make a Wish for a Child in another Country | <input type="checkbox"/> Be on Time for School |
| <input type="checkbox"/> Say "Thank You" to a Security Guard or Police Officer | <input type="checkbox"/> Say "Thank You" to a Volunteer |
| <input type="checkbox"/> Invite a New Friend to Play/Hang Out with You | <input type="checkbox"/> Give Your Friend a High Five |
| <input type="checkbox"/> Send a Thank You to Your Superintendent | <input type="checkbox"/> Make a Friendship Gift for Someone New to You |
| <input type="checkbox"/> Offer to Help Your Custodian | <input type="checkbox"/> Create Your Own Kind Deed |



A Kids for Peace Experience

KidsforPeaceGlobal.org

GreatKindnessChallenge.org

FREE APP!



(Your Name Here)