The Great Kindness Challenge®
SCHOOL EDITION

We challenge you to perform as many kind acts as you can in one week. Using the checklist below, check off your acts as you go. Have fun!

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The Challenges

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

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