



The Great Kindness Challenge®

SCHOOL EDITION

Your Kindness Matters!
We challenge you to complete as many acts of kindness as you can in one week. Have fun and smile big knowing that you are changing the world for good!

Kind Acts

- 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 the 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 bandage 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.



#GreatKindnessChallenge

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(Your Name Here)

FREE APP!

