



The Great Kindness Challenge®

JUNIOR EDITION

Kindness Matters.
Complete as many acts of kindness as you can.
Have fun!

Acts of Kindness

Invite a new friend to play.



Smile at 25 people.



Make a wish for a child in another country.



Give your friend a High Five.



Compliment 5 people.



Be kind to yourself and eat a healthy snack.



Decorate 5 hearts and give them to friends.



Entertain someone with a happy dance.



Lend a pencil to a friend.



Help someone up if they fall down.



Thank someone who has helped you.



Create your own kind deed.

