



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

- MONDAY**
- ☐ Smile at 25 People
 - ☐ Compliment 5 People
 - ☐ Make a New Friend
 - ☐ Be KIND to Yourself and Eat a Healthy Snack

- TUESDAY**
- ☐ Draw a Picture and Give It to Someone
 - ☐ Give a KIND Handshake to Greet a Classmate
 - ☐ Fist Bump a Friend
 - ☐ Entertain Someone with a Happy Dance

- WEDNESDAY**
- ☐ Recycle Your Trash
 - ☐ Say "Good Morning" to 15 People
 - ☐ Pat Yourself on the Back
 - ☐ Invite a New Friend to Play/Hang Out with You
 - ☐ Offer to Help Your Teacher

- THURSDAY**
- ☐ Work Cooperatively with Classmates
 - ☐ Give a KIND Note to Your Teacher
 - ☐ Make and Display a "Kindness Matters" Sign
 - ☐ Help Your Specials Teacher
 - ☐ Hold the Door Open for Someone
 - ☐ Thank a Bus, Van or Carpool Driver

- FRIDAY**
- ☐ Listen to Your Teacher the First Time
 - ☐ Help Someone at Recess
 - ☐ Share Something with a Friend
 - ☐ Show Appreciation to Your Principal
 - ☐ Thank Someone who Supports our School (Superintendent, HSA, etc.)
 - ☐ Give Your Friend a High Five

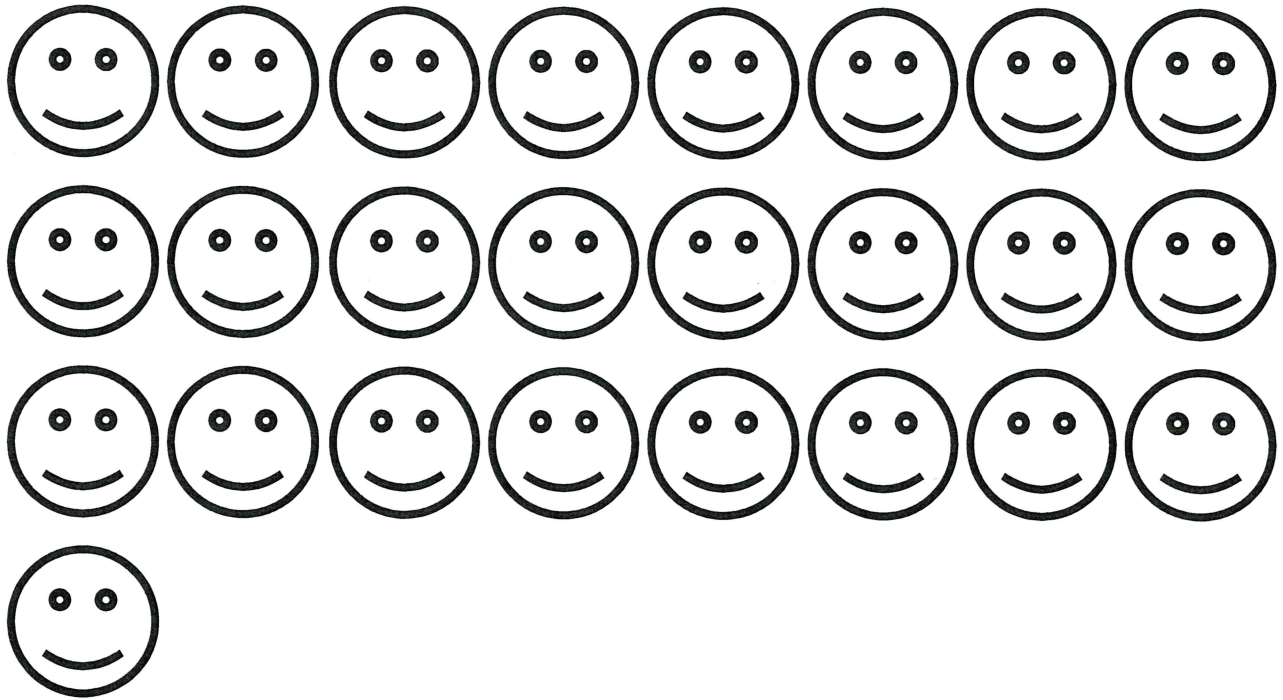


#GreatKindnessChallenge

GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org

(Your Name Here)

Total Kind Acts Completed:



Extra Kind Acts

(Use this space to write down any kinds acts you do that are not on the checklist)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____