

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

- | | |
|---|--|
| <input type="checkbox"/> Smile at 25 People | <input type="checkbox"/> Work Cooperatively with Classmates |
| <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 a KIND Note to Your Teacher |
| <input type="checkbox"/> Pick Up 10 Pieces of Trash | <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/Belongings |
| <input type="checkbox"/> Be KIND to Yourself and Eat a Healthy Snack | <input type="checkbox"/> Help Your Specials Teacher |
| <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 | <input type="checkbox"/> Offer to Help Your Teacher |
| <input type="checkbox"/> Give a KIND Handshake to Greet a Classmate | <input type="checkbox"/> Thank a Bus, Van, or Carpool Driver |
| <input type="checkbox"/> Recycle Your Trash | <input type="checkbox"/> Show Appreciation to the Nurse |
| <input type="checkbox"/> Fist Bump a Friend | <input type="checkbox"/> Listen to Your Teacher the First Time |
| <input type="checkbox"/> Walk Quietly in the Hallway | <input type="checkbox"/> Whisper Thank You to the Librarian |
| <input type="checkbox"/> Cut Out a KIND Heart & Give it to a Friend | <input type="checkbox"/> Help Someone at Recess |
| <input type="checkbox"/> Entertain Someone with a Happy Dance | <input type="checkbox"/> Play KINDLY in P.E. Class |
| <input type="checkbox"/> Show Appreciation to Lunch Staff | <input type="checkbox"/> Learn to Say "Hello" in a New Language |
| <input type="checkbox"/> Show Appreciation to an Adult at School | <input type="checkbox"/> Share Something with a Friend |
| <input type="checkbox"/> Say "Good Morning" to 15 People | <input type="checkbox"/> Show Appreciation to Your Principal |
| <input type="checkbox"/> Line Up Quietly at the End of Lunch | <input type="checkbox"/> Help Your Teacher with a Needed Task |
| <input type="checkbox"/> Pat Yourself on the Back | <input type="checkbox"/> Thank Someone who Supports our School (Superintendent, HSA, etc.) |
| <input type="checkbox"/> Say "Thank You" to a Crossing Guard, Driver, or Parent | <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"/> Thank Your Custodian | <input type="checkbox"/> Make a Friendship Gift for Someone |
| <input type="checkbox"/> Create Your Own KIND Deed: | <input type="checkbox"/> Create Your Own KIND Deed: |

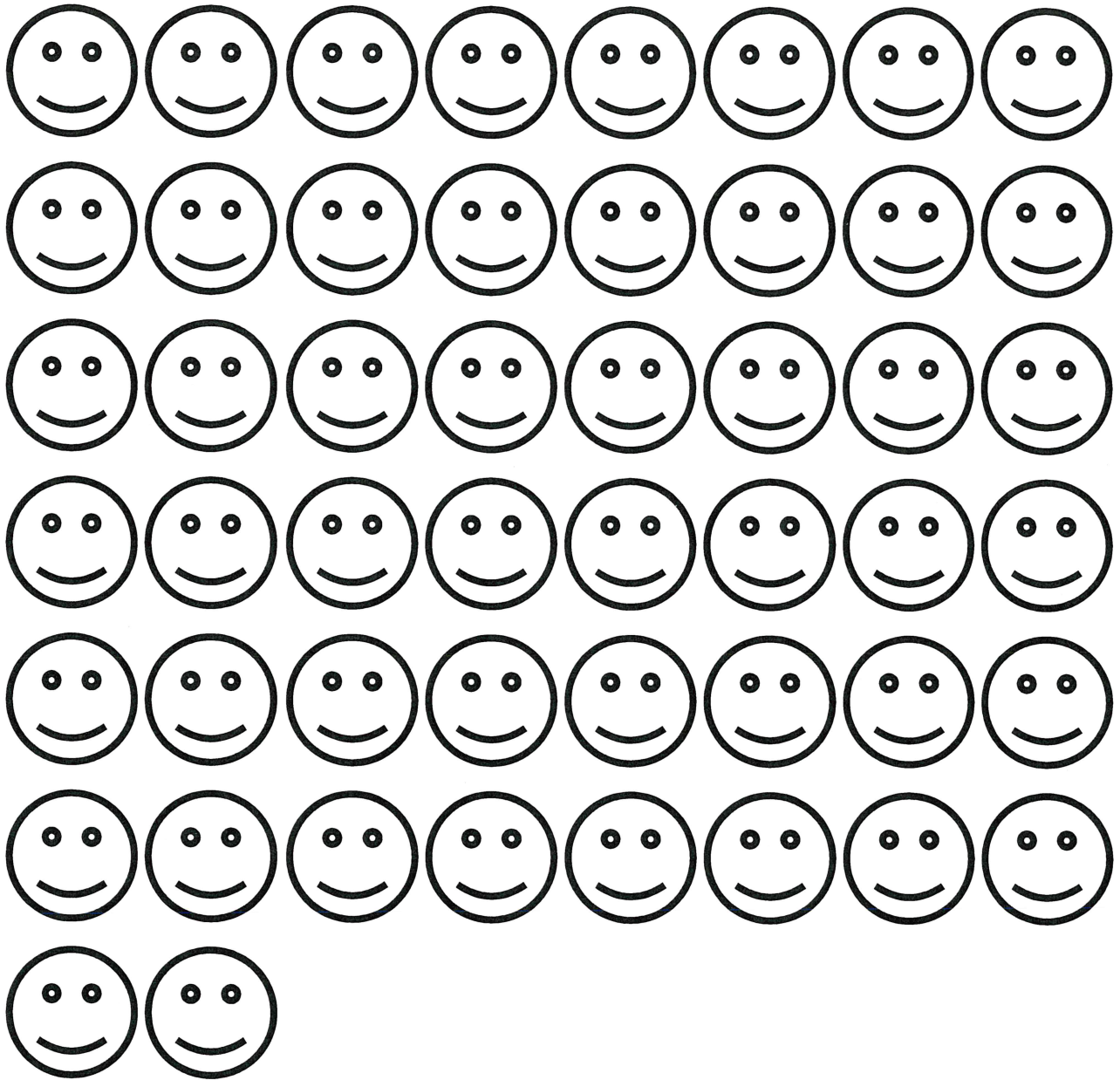


#GreatKindnessChallenge

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. _____