The Great Kindness Challenge®

SCHOOL EDITION
SOCIALLY DISTANCED

Your Kindness Matters

We challenge you to complete as many acts of kindness as you can. Remember, social distancing is kind, too!

Stay safe, have fun and smile big knowing you are making the world a better place!

Kind Acts

- ❑ Wave at 25 people
- ❑ Leave a nice note on your friend's desk
- ❑ Sincerely compliment 5 people
- ❑ Pick up 10 pieces of trash on campus
- ❑ Make a new friend
- ❑ Tell a joke & make someone laugh
- ❑ Be kind to yourself & eat a healthy snack
- ❑ Learn something new about your teacher
- ❑ Draw a picture & give it to someone
- ❑ Help a younger student
- ❑ Wink & flash a peace sign to greet a classmate
- ❑ Recycle your trash
- ❑ Design a kind craft for your family
- ❑ Pick up trash outside your school
- ❑ Cut out 10 hearts & leave them for friends to find
- ❑ 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
- ❑ Safely sit with a new group of kids at lunch
- ❑ Read a book to a younger child
- ❑ Tell your teacher you appreciate them
- ❑ Step up for someone in need
- ❑ Make and display a KINDNESS MATTERS sign
- ❑ Create a thank you note/sign for essential workers
- ❑ Encourage classmates during PE
- ❑ Make a bookmark for a friend
- ❑ Hold the door open for someone
- ❑ Pat yourself on the back
- ❑ Thank a bus driver or car pool driver
- ❑ Write a thank you on a bandage for the nurse
- ❑ Listen to your teacher the first time
- ❑ Whisper thank you to the librarian
- ❑ Paint a rock & leave it somewhere to surprise someone
- ❑ Introduce yourself to someone new during recess/break
- ❑ 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
- ❑ Wave & say thank you to room duty or campus supervisor
- ❑ Make a friendship gift for someone new to you
- ❑ Create your own kind deed

Kids for Peace

#GreatKindnessChallenge

GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org

FREE APP!

(Your Name Here)