

# KINDNESS CHALLENGE

*Week*

## Kind Acts

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!



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|--|---|
| <input type="checkbox"/> Set a personal kindness goal for the week       | <input type="checkbox"/> Acknowledge something you did well today.              |
| <input type="checkbox"/> Draw a kind poster for your work space          | <input type="checkbox"/> Check in on a friend who's struggling.                 |
| <input type="checkbox"/> Cheer someone up with kind words.               | <input type="checkbox"/> Surprise a friend with a nice note.                    |
| <input type="checkbox"/> Volunteer for a worthy cause.                   | <input type="checkbox"/> Compliment 5 people.                                   |
| <input type="checkbox"/> Help someone who looks left out.                | <input type="checkbox"/> Pick up trash around your neighborhood                 |
| <input type="checkbox"/> Make and display a "KINDNESS MATTERS" sign.     | <input type="checkbox"/> Sit with a person or group you don't usually sit with. |
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| <input type="checkbox"/> Call a friend just to say hi.                   | <input type="checkbox"/> Ask someone about their day.                           |
| <input type="checkbox"/> Make a list of 10 things you're thankful for.   | <input type="checkbox"/> Brainstorm a list of kind acts you can do at home.     |
| <input type="checkbox"/> Ask a friend/family member about their day.     | <input type="checkbox"/> Make a special handshake with a friend.                |
| <input type="checkbox"/> Share an uplifting song/playlist with a friend. | <input type="checkbox"/> Encourage someone who is feeling nervous.              |
| <input type="checkbox"/> Make someone laugh with a kind joke.            | <input type="checkbox"/> Say "hello" to someone you don't usually talk to.      |
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| <input type="checkbox"/> Use polite words all day.                       | <input type="checkbox"/> Tell a friend why you're proud of them.                |
| <input type="checkbox"/> Write a note of appreciation for a co-worker.   | <input type="checkbox"/> Help clean up a mess that you didn't make.             |
| <input type="checkbox"/> Offer to help without being asked.              | <input type="checkbox"/> Make a friendship gift for someone                     |
| <input type="checkbox"/> Encourage someone who is trying hard.           | <input type="checkbox"/> Invite a new friend to hang out with you.              |
| <input type="checkbox"/> Practice active listening-limit distractions    | <input type="checkbox"/> Text a friend why you're thankful for them.            |
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| <input type="checkbox"/> Write a kind letter to a friend or relative in  | <input type="checkbox"/> Leave an positive note on someone's desk               |
| <input type="checkbox"/> a different city.                               | <input type="checkbox"/> Give yourself 5 positive affirmation                   |
| <input type="checkbox"/> Help someone with homework or other activity.   | <input type="checkbox"/> Celebrate someone else's success.                      |
| <input type="checkbox"/> Say something kind to someone you don't         | <input type="checkbox"/> Give someone a genuine compliment.                     |
| <input type="checkbox"/> usually talk to.                                | <input type="checkbox"/> Engage in 1 self care activity.                        |