

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!



- Set a personal kindness goal for the week
- Draw a kind poster for your work space
- Cheer someone up with kind words.
- Volunteer for a worthy cause.
- Help someone who looks left out.
- Make and display a "KINDNESS MATTERS" sign.

- Call a friend just to say hi.
- Make a list of 10 things you're thankful for.
- Ask a friend/family member about their day.
- Share an uplifting song/playlist with a friend.
- Make someone laugh with a kind joke.

- Use polite words all day.
- Write a note of appreciation for a co-worker.
- Offer to help without being asked.
- Encourage someone who is trying hard.
- Practice active listening-limit distractions

- Write a kind letter to a friend or relative in a different city.
- Help someone with homework or other activity.
- Say something kind to someone you don't usually talk to.

- Acknowledge something you did well today.
- Check in on a friend who's struggling.
- Surprise a friend with a nice note.
- Compliment 5 people.
- Pick up trash around your neighborhood
- Sit with a person or group you don't usually sit with.

- Ask someone about their day.
- Brainstorm a list of kind acts you can do at home.
- Make a special handshake with a friend.
- Encourage someone who is feeling nervous.
- Say "hello" to someone you don't usually talk to.

- Tell a friend why you're proud of them.
- Help clean up a mess that you didn't make.
- Make a friendship gift for someone
- Invite a new friend to hang out with you.
- Text a friend why you're thankful for them.

- Leave a positive note on someone's desk
- Give yourself 5 positive affirmations
- Celebrate someone else's success.
- Give someone a genuine compliment.
- Engage in 1 self care activity.