

Your Kindness Matters

We challenge you to complete as many acts of kindness as you can.

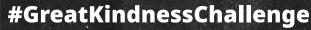
Have fun and smile big knowing that you are making a difference at your school and beyond!

Kind Acts





Smile at 25 people. Slip a nice note in your friend's backpack. Slincerely compliment 5 people. Pick up 10 pieces of trash on campus. Be kind to yourself & eat a healthy snack. Learn something new about your teacher. Tell a joke and make someone laugh. Be kind to yourself & create an IAm poster. Draw a picture & give it to someone. Be kind to yourself & take a Breather Break. Cut out 10 hearts & give them to friends. Entertain someone with a happy dance. Be kind to yourself & do 10 one-minute exercises. List 10 things you are grateful for. Make & send a happy card to a senior friend. Show appreciation to a counselor or mentor. Make & send a Thank You to your superintendent. Learn something new about a different culture. Give a KIND handshake to greet a classmate. Read a book to a younger child. Step up for someone in need. Make & display an uplifting message around your school. Make & display an uplifting message around your school. Make & display an uplifting message around your school. Make & display an uplifting message around your school. Make & display an uplifting message around your school. Make & display an uplifting message around your school. Make & display an uplifting message around your school. Make & display an uplifting message around your school. Make & display an uplifting message around your school. Make & display an uplifting message around your school. Make & display an uplifting message around your school. Make & display an uplifting message around your school. Step up for someone in need. Make & display an uplifting message around your schods. Make & display an uplifting message around your schods. Make & display an uplifting mesage around your schods. Make & display an uplifting message around your schods. Make & display a KINDNESS MATTERS sign. Make & display a KINDNESS Matersen in the device of the entire spanning or the back. Decorate a kindness rock & randomly place it. Hold the door open for someone.		
Sincerely compliment 5 people.	• •	☐ Say "good morning" to 15 people.
Pick up 10 pieces of trash on campus.		Make & display an uplifting message around your school.
Be kind to yourself & eat a healthy snack.		Read a book to a younger child.
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GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org





