



The Great Kindness Challenge®

VIRTUAL CLASSROOM EDITION

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 changing the world for good!

Kind Acts

- Smile at 25 people
- Place a nice note on a family member's pillow
- Sincerely compliment 5 people
- Pick up 10 pieces of trash in your neighborhood
- Bond with your classmates with a Scavenger House Hunt game
- Be kind to yourself & eat a healthy snack
- Learn something new about your teacher
- Be kind to yourself & create an I Am poster
- Draw a picture & give it to someone
- Leave a flower on someone's doorstep
- Be kind to yourself & take a Breather Break
- Cut out & decorate a Happy Heart & place in a window
- Entertain someone with a happy dance
- Be kind to yourself & do 10 one-minute exercises
- List 10 things you are grateful for
- Make & display a thank you sign for essential workers
- Show appreciation to a counselor or mentor
- Make a wish for a child in another country
- Write a note of friendship for The Great Toy Giveaway
- Send a thank you to your superintendent
- Make & deliver a happy card to a senior friend
- Learn something new about a different culture
- Write a thank you note to your mail carrier
- Invent a kind handshake with a family member
- Donate toys, clothes or books to a charity or someone in need
- Make & display 10 positive notes around your house
- Read a book to a younger child
- Call or video chat your grandparent or esteemed elder
- Step up for someone in need
- Make & display a KINDNESS MATTERS sign
- Say "hi" or cheer someone up who looks sad
- Decorate a kindness rock & randomly place it
- Make 10 messages of love & hope for Linked By Love
- Pat yourself on the back
- Embrace your family with a big hug
- Take a family walk and look for Happy Hearts
- Learn to say "hello" in a new language
- Show appreciation to your principal creatively
- Be kind to the earth & make a cardboard creation
- Make a friendship gift for someone new to you
- Recycle your trash
- Go a whole day without complaining & use only positive words for the entire day
- Find something you have in common with a classmate
- Tell a current or past teacher how they've inspired you
- Prepare a healthy meal or snack for a loved one
- Say "sorry" to someone you may have hurt
- Tell a joke & make someone laugh
- Bond with your classmates & play a Virtual Game of Tag
- Raise funds for a cause you care about
- Create your own kind act

#GreatKindnessChallenge

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(Your Name Here)

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