

KINDNESS CHALLENGE

RANDOM ACTS OF KINDNESS PERFORMED BY: _____

1 Clean your room without being asked	2 Tell someone why they are important to you	3 Make it a no complaining day	4 Pick a few toys to donate	5 Compliment someone	6 Make a card to send to someone special	7 Say thank you all day long
8 Read a book to a family member	9 Complete an extra chore	10 Say hello to everyone you see today	11 Call a family member on the phone	12 Offer a hug to someone who needs it	13 Draw a picture for a friend	14 Say please all day long
15 Write a thank you note to someone	16 Play with a pet, sibling, or other family member	17 Help someone before they ask	18 Use only kind words	19 Share a joke with someone who needs a laugh	20 Take a walk with a pet or family member	21 Say "good morning" to someone
22 Make a card to send to a nursing home or soldier	23 Smile at everyone you see today	24 Help make or prepare food for your family	25 Be caught being kind	26 Write a kind note to give to a family member	27 Call someone you miss on the phone	28 Help someone with a chore