



We challenge you to perform as many kind acts as you can in one week. Using the checklist below, check off your acts as you go. Have fun!

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The Challenges

- Smile at 25 People
- Slip a Nice Note in Your Friend's Backpack
- Compliment 5 People
- Pick Up 10 Pieces of Trash on Campus
- Make a New Friend
- Tell a Joke and Make Someone Laugh
- Be Kind to Yourself and Eat a Healthy Snack
- Learn Something New About Your Teacher
- Draw a Picture and Give It to Someone
- Help a Younger Student
- Give a KIND Handshake to Greet a Classmate
- Recycle Your Trash
- Hug Your Friend
- Pick Up Trash Outside Your School
- Cut Out 10 Hearts & Give Them to Friends
- Entertain Someone with a Happy Dance
- Make a Kind Poster for Cafeteria Helpers
- Show Appreciation to a Counselor or Mentor
- Say "Good Morning" to 15 People
- Design a Thank You for the PTA/PTO
- Make a Wish for a Child in Another Country
- Say "Thank You" to a Crossing Guard
- Invite a New Friend to Play/Hang Out with You
- Send a Thank You to Your Superintendent
- Offer to Help Your Custodian
- Sit with a New Group of Kids at Lunch
- Read a Book to a Younger Child
- Give an Apple or a Note to Your Teacher
- Step Up for Someone in Need
- Make and Display a "Kindness Matters" Sign
- Carry Your Friend's Books
- Help Your PE Teacher with the Equipment
- Make a Bookmark for a Friend
- Hold the Door Open for Someone
- Pat Yourself on the Back
- Thank a Bus Driver or Car Pool Driver
- Write a Thank You on a Band-Aid for the Nurse
- Listen to Your Teacher the First Time
- Whisper Thank You to the Librarian
- Help Someone Up If They Fall Down
- Lend a Pencil to a Friend
- Learn to Say "Hello" in a New Language
- Bring a Flower to the Office Staff
- Show Appreciation to Your Principal Creatively
- Help Your Teacher with a Needed Task
- Be on Time for School
- Say "Thank You" to a Volunteer
- Give Your Friend a High Five
- Make a Friendship Gift for Someone New to You
- Create Your Own Kind Deed



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