

# Kindness Activity Challenge

Check off each act of kindness as you complete it!

- Give someone a compliment
- Draw a picture and give it to someone
- Make someone laugh
- Hold the door open
- Pick up litter
- Say 'please' and 'thank you' all day
- Invite someone new to play
- Call or message a grandparent
- Help set the table
- Say something nice to your teacher
- Help make dinner
- Clean your room without being asked
- Play with someone new
- Feed a pet or help with animal care
- Leave a kind note for someone to find
- Say something kind to yourself
- Help a sibling or friend with a chore
- Write a thank-you note
- Donate a toy or book
- Tell someone why you like them
- Make a handmade card
- Share your snack or lunch
- Give someone a hug (with permission!)
- Be kind to yourself today
- Let someone else go first
- Smile at everyone you see
- Tell a joke to cheer someone up
- Give a flower to someone
- Be a good listener
- Send a voice message of kindness
- Help a younger child with something

