The Great Kindness Challenge

FAMILY EDITION

Create a kinder world.
Take a week, a month or a year.
Have fun and complete as many acts of kindness as you can.
Your Kindness Matters!

Kind Acts

- ❑ Smile at 25 people
- ❑ Take a treat to your local firefighters
- ❑ Do a household chore without being asked
- ❑ Donate something to an animal shelter
- ❑ Read a book to a younger child
- ❑ Make a thank you card for your librarians
- ❑ Entertain someone with a happy dance
- ❑ Create a family gratitude jar
- ❑ Cheer for every player on both teams
- ❑ Deliver a special gift to a child in the hosptital
- ❑ Make a new friend or welcome a new neighbor
- ❑ Send a card or gift to a military family
- ❑ Walk or pet an animal - but ask first!
- ❑ Go a full day without complaining
- ❑ Hold the door open for someone
- ❑ Learn to say "Thank you" in a new language
- ❑ Embrace your family with a big hug
- ❑ Teach something to a younger sibling or friend
- ❑ Write or draw a loving note for someone
- ❑ Make and display a "Kindness Matters" sign
- ❑ Raise funds and donate to your favorite cause
- ❑ Watch the sunrise or sunset together
- ❑ Breate, stretch and think a happy thought
- ❑ Cut out 10 hearts and leave them on 10 cars

- ❑ Thank a bus driver
- ❑ Leave a flower on someone's doorstep
- ❑ Be kind to yourself and eat a healthy snack
- ❑ Call your grandparents or esteemed elder
- ❑ Walk or bike instead of driving
- ❑ Say "Thank you" to a police officer
- ❑ Bake cookies and share with your neighbors
- ❑ Say "Good Morning" to 5 people
- ❑ Pick up and recycle trash in your neighborhood
- ❑ Take a family walk outside
- ❑ Draw a heart in the sand or dirt
- ❑ Write a thank you note to your mail carrier
- ❑ Make a wish for a child in another country
- ❑ Volunteer in your community
- ❑ Say "Hi" to someone who looks sad
- ❑ Write a happy message with sidewalk chalk
- ❑ Paint a kindess rock and randomly place it
- ❑ Share food with someone who is hungry
- ❑ Sincerely compliment 5 people
- ❑ Post a positive message on social media
- ❑ Let someone go ahead of you in line
- ❑ Help plant a garden
- ❑ Reflect on kindness you witnessed during the day
- ❑ Create your own kind deed

#GreatKindnessChallenge
www.greatkindnesschallenge.org

FREE APP!