Kindness challenge



At home

- [ ] Help a parent without being asked
- [ ] Help set the table
- [ ] Say thank you to the cook
- [ ] Say sorry and make it right
- [ ] Give a big hug

At school

- [ ] Say hi to someone new
- [ ] Help clean up
- [ ] Let someone go first
- [ ] Give a compliment
- [ ] Thank your teacher

For friends

- [ ] Draw them a picture
- [ ] Ask how their day was
- [ ] Cheer them on
- [ ] Share a snack
- [ ] Write a nice note

For neighbors

- [ ] Pick up litter
- [ ] Call or visit a grandparent
- [ ] Donate a toy or canned food
- [ ] Help a neighbor
- [ ] Be kind to an animal

For personal and classroom use.