

KINDNESS

30 DAY CHALLENGE

FOR KIDS

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Say "Good morning" to your teacher	Make a thank-you card for a friend	Share a toy with a friend	Give an extra snack to a friend	Donate a toy with a sibling
Write a thank-you note to your friend or teacher	Pick up litter at your school or playground	Smile at everyone you see today	Water a garden or plant	Tell a family member why you love them
Arrange bookshelf in school or at home	Give someone a hug today	Say something kind to someone	Hold the door open for someone	Make your sibling's bed for them
Draw something fun with a friend	Help a younger child read	Set or clear the dinner table	Say one kind thing to a sibling	Say "sorry" first
Thank your school helpers	Arrange your shoes without being asked	Invite a friend to play	Help someone carry some of their loads	Write a special thank you note to your parent
Arrange your cloth without been asked	Teach someone a new skill	Tell a joke to make someone laugh	Let someone go first in line	Say something kind to yourself