

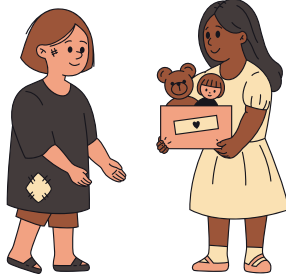
KINDNESS CHALLENGE

for every child (practice one each day)

KINDNESS

challenge

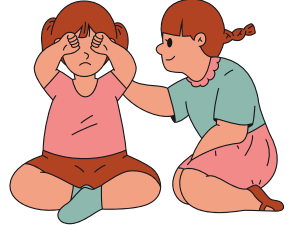
Be proactive in offering to help someone out with a job or task they are struggling with.



KINDNESS

challenge

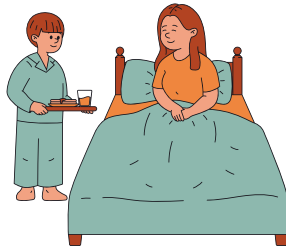
Show kindness and compassion if you see someone hurt or upset.



KINDNESS

challenge

Ask someone how they are feeling and take time to listen to them.



KINDNESS

challenge

Offer to lend a hand to someone who needs some help.



KINDNESS

challenge

Offer your seat to another person who needs it more than you.



KINDNESS

challenge

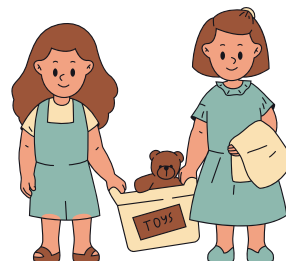
Share stationery, toys or games with your classmates.



KINDNESS

challenge

Help others with their jobs or chores or complete a task without being asked.



KINDNESS

challenge

Smile, wave and acknowledge others as you pass them,



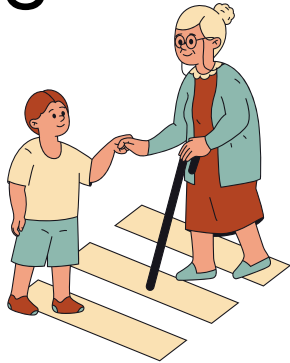
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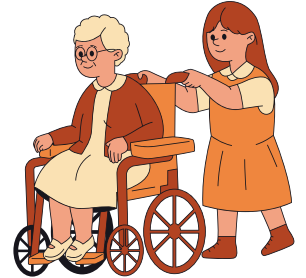
Assist someone by allowing them to go first in line or holding a door open for them,



KINDNESS

challenge

Complete a random act of kindness for someone else throughout the day.



KINDNESS

challenge

Make someone feel special by complimenting them on a character strength.



KINDNESS

challenge

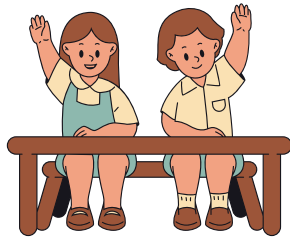
Demonstrate compassion to plants or wildlife.



KINDNESS

challenge

Share and take turns with others.



KINDNESS

challenge

Look after someone or something: play with someone alone or water a plant



KINDNESS

challenge

Take time to appreciate something beautiful and discuss it with a friend.



KINDNESS

challenge

Set a kindness challenge at the beginning of each day and ask students to share reflect on it at the end of the day.