

Kindness Challenge



Day 1

Give a compliment to someone in your class.



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Day 2

Help a younger student in the playground.

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Day 3



Say hello to someone in the playground who you don't know.

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Day 4

Ask someone who is alone to play with you today.



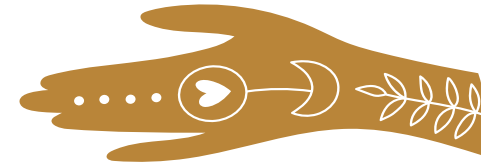
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Day 5

Say thank you to your teacher at the end of the day.



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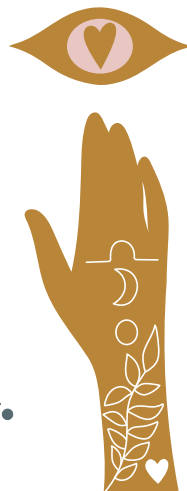
Day 6

Let someone go ahead of you in lines.

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Day 7

Play with someone new today and teach them a game.



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Day 8

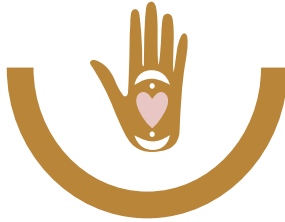
Write someone a thank you letter for something they did for you.

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Day 9

Smile at everyone you walk past today.



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Day 10

Leave positive notes around the classroom for others to find.



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Day 11

Collect rubbish in the classroom and around the playground.



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Day 12

Help someone in your class with something.



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Day 13

Complete 3 secret acts
of kindness.

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Day 14

Write a note for a
teacher in the school
to say thank you.



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Day 15

Be kind to
the Earth. Ensure
all recycling goes
in the correct bin.



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