













SMALL ACTS OF KINDNESS CHALLENGE

Fill in the blocks with the Small Acts of Kindness your family will spread in your community. Then think about what your family would like to do to celebrate when you've spread your Small Acts of Kindness.

Every time you finish an act of kindness put a sticker in the box. When every box has a sticker, remind your parents of the Small Acts of Kindness celebration you agreed to!

Small Acts of Kindness

			
			
			 BONUS: Encourage others to practice kindness. Tell them about Small Acts of Kindness and the difference it's made for you, your family, and others.

Small Acts of Kindness Family Celebration

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Kind ideas to get you started (check the ones you want to include in your challenge)

- Make a card or decoration for someone special.
- Call a relative who is far away to say hello and tell them what you miss about them.
- Bake some goodies and surprise someone with them.
- Thank people who do things for you that you may take for granted (hint: when was the last time you thanked your parents for just being them?)
- Take a day to focus on how you can be kind to yourself.
- Take a day to be digital device free and spend quality time as a family and/or with friends.
- Get outside and do something nice for nature (for example, feed the birds).
- Give a compliment to as many people as possible in a day.
- Count how many people you smile at in a day. Notice how you feel and they react when you smile.
- Record a video love-note and text it to grandparents.
- Go outside when the garbage truck comes and wave your little hearts out. (A toddler favorite!)
- Pick up trash in your neighborhood or at the local park.
- Write a thank you note to your teacher.
- Invite some children over for the evening so their parents can go on a date.
- Hold the door open for the person behind you.
- Let someone go ahead of you (a classmate go in front of you in line, someone in the grocery line, etc).
- Tell someone you are happy to see them.
- Read a book to someone (a friend, sibling, parent).
- Spend time with someone you don't usually spend much time with, but who you want to get to know better.
- Clean your room without being asked.
- Draw a picture for someone and surprise them with it.
- Make a card or note for your bus driver.
- Tell someone you are thankful for them and say why.
- Go through our toys/books and donate the ones you're done with to someone/someplace you think would use them.
- Make cards to send to a senior center.
- Leave something special in someone else's mailbox – or even for your mail carrier!