The Great Kindness Checklist
For Grades 2-12

The Junior Edition Checklist
For Grades PreK-2

The Great Kindness Challenge
SCHOOL EDITION

We challenge you to perform as many kind deeds as you can in one week. Using the checklist below, check off your acts as you go. Have fun!
Kindly presented by
Dignity Health

The Junior Edition Checklist
JUNIOR EDITION

Acts of Kindness

- Invite a new friend to play.
- Smile at 25 people.
- Give your friend a High Five.
- Compliment 5 people.
- Be kind to yourself and eat a healthy snack.

- Make a wish for a child in another country.
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