

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 Challenges

- Smile at 25 People
- Slip a Nice Note in Your Friend's Backpack
- Compliment 5 People
- Pick Up 10 Pieces of Trash on Campus
- Make a New Friend
- Tell a Joke and Make Someone Laugh
- Be Kind to Yourself and Eat a Healthy Snack
- Learn Something New About Your Teacher
- Draw a Picture and Give It to Someone
- Help a Younger Student
- Give a KIND Handshake to a Classmate
- Recycle Your Trash
- Hug Your Friend
- Pick Up Trash Outside of School
- Cut Out Hearts & Give Them to Friends
- Encourage Someone Who is Nervous
- Make a Kind Poster for Material Helpers
- Show Appreciation to Counselor or Mentor
- Say "Good Morning" to 5 People
- Design a Thank You for the PTA/PTO
- Make a Thank You Card for a Child in another Country
- Say "Thank You" to a Crossing Guard
- Invite a New Friend to Play/Hang Out with You
- Send a Thank You to Your Superintendent
- Offer to Help Your Custodian
- Sit with a New Group of Kids at Lunch
- Read a Book to a Younger Child
- Give an Apple or a Note to Your Teacher
- Step Up for Someone in Need
- Make and Play a "Kindness Matters" Sign
- Organize Your Friend's Books
- Help Your Friend's PE Teacher
- Take a Bookmarker or a Book
- Open a Door Open for Someone
- Put Yourself on the Back
- Thank a Bus Driver or Car Pool Driver
- Write a Thank You on a Band-Aid for the Nurse
- Listen to Your Teacher the First Time
- Whisper Thank You to the Librarian
- Help Someone Up If They Fall Down
- Lend a Pencil to a Friend
- Learn to Say "Hello" in a New Language
- Bring a Flower to the Office Staff
- Show Appreciation to Your Principal Creatively
- Help Your Teacher with a Needed Task
- Be on Time for School
- Say "Thank You" to a Volunteer
- Give Your Friend a High Five
- Make a Friendship Gift for Someone New to You
- Create Your Own Kind Deed


A Kids for Peace Experience
KidsforPeaceGlobal.org
GreatKindnessChallenge.org

FREE APP!














(Your Name Here)



The Great Kindness Challenge
JUNIOR EDITION

Kindness Matters. Complete as many acts of kindness as you can. Have fun!
Kindly Presented by  Peaceable Kingdom

Acts of Kindness

<input type="checkbox"/> Invite a new friend to play. 	<input type="checkbox"/> Smile at 25 people. 	<input type="checkbox"/> Make a wish for a child in another country. 
<input type="checkbox"/> Give your friend a High Five. 	<input type="checkbox"/> Compliment 5 people. 	<input type="checkbox"/> Be kind to yourself and eat a healthy snack. 
<input type="checkbox"/> Donate 5 items and give them to friends. 	<input type="checkbox"/> Entertain someone with a happy dance. 	<input type="checkbox"/> Lend a pencil to a friend. 
<input type="checkbox"/> Help someone up if they fall down. 	<input type="checkbox"/> Thank someone who has helped you. 	<input type="checkbox"/> Create your own kind deed. 

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Your Name Here