

# The Great Kindness Checklist

## For Grades 2-12



### Your Kindness Matters

We challenge you to complete as many acts of kindness as you can. Remember, social distancing is kind, too!

Stay safe, have fun and smile big knowing you are making the world a better place!

### Kind Acts

- Wave at 25 people
- Leave a nice note on your friend's desk
- Sincerely compliment 5 people
- Pick up 10 pieces of trash on campus
- Make a new friend
- Tell a joke & make someone laugh
- Be kind to yourself & eat a healthy snack
- Learn something new about your teacher
- Draw a picture & give it to someone
- Help a younger student
- Wink & flash a peace sign to greet a classmate
- Recycle your trash
- Design a kind craft for your family
- Pick up trash outside your school
- Cut out 10 hearts & leave them for friends to find
- Entertain someone with a happy dance
- Make a kind poster for your teacher
- Show appreciation to a volunteer or mentor
- Say "good morning" to 10 people
- Design a thank you for the PTO
- Make a card to send to someone in another country
- Say "thank you" to a crossing guard
- Invite a new student to play/hang out with you
- Send a thank you to your superintendent
- Offer to help your custodian
- Safely sit with a new group of kids at lunch
- Read a book to a younger child
- Tell your teacher you appreciate them
- Step up for someone in need
- Make and display a KINDNESS MATTERS sign
- Create a thank you note/sign for essential workers
- Encourage classmates during PE
- Make a bookmark for a friend
- Hold the door open for someone
- Pat someone on the back
- Turn on a bus driver or car pool
- Write a thank you on a bandage for the nurse
- Listen to your teacher the first time
- Write a super thank you to the librarian
- Pass a rock & leave to surprise someone
- Introduce yourself to someone new during recess/break
- 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
- Wave & say thank you to room duty or campus supervisor
- Make a friendship gift for someone new to you
- Create your own kind deed

#GreatKindnessChallenge

GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org

FREE APP!



(Your Name Here)

# The Junior Edition Checklist

## For Grades PreK-2



### Your Kindness Matters!

Complete as many acts of kindness as you can. Have fun!

### Acts of Kindness

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Safely invite a new friend to play.<br>             | <input type="checkbox"/> Wave at 25 people.<br>                      | <input type="checkbox"/> Make a wish for a child in another country.<br>   |
| <input type="checkbox"/> Tell a joke and make someone laugh.<br>            | <input type="checkbox"/> Compliment 5 people.<br>                   | <input type="checkbox"/> Be kind to yourself and eat a healthy snack.<br> |
| <input type="checkbox"/> Decorate 5 hearts and leave them for friends.<br> | <input type="checkbox"/> Entertain someone with a happy dance.<br> | <input type="checkbox"/> Say "Good Morning" to 10 people.<br>            |
| <input type="checkbox"/> Help someone in need.<br>                         | <input type="checkbox"/> Thank someone who has helped you.<br>     | <input type="checkbox"/> Create your own kind deed.<br>                  |

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