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 to friends to find
- Entertain someone with a happy dance
- Introduce yourself to someone new during recess/break
- Paint a rock & leave to surprise someone
- Make and display a KINDNESS MATTERS sign
- Create a thank you note/sign for essential workers
- Encourage classmates to play PE
- Make a bookmark for a friend
- Hold the door open for someone
- Put your lunch on the back seat
- Show appreciation to a bus driver or car pool
- Write a thank you note on a bandage for the nurse
- Stand up for someone for the first time
- Say "please" or "thank you" to the librarian
- Make a thank you for the lunch lady
- Introduce yourself to someone new during recess/break
- Say "hello" in a new language
- Bring a flower to the office staff
- Show appreciation to the janitor creatively
- Help your teacher with a needed task
- Be on time for school
- Say "thank you" to a crossing guard
- Invite a new friend to play/hang out with you
- Send a thank you to your custodian
- Offer to help your custodian

Act of Kindness
- Safely invite a new friend to play.
- Make a wish for a child in another country.
- Wave at 25 people.
- Compliment 5 people.
- Be kind to yourself and eat a healthy snack.
- Decorate 5 hearts & leave them for friends.
- Give a hug to someone who needs it.
- Say "Good Morning" to 10 people.
- Help someone in need.
- Thank someone who has helped you.
- Create your own kind deed.

#GreatKindnessChallenge
GreatKindnessChallenge.org ▼ KidsforPeaceGlobal.org

Your Name Here