The Great Kindness Checklist
For Grades 2-12

Your Kindness Matters! We challenge you to complete as many acts of kindness as you can in one week. Have fun and smile big knowing that you are changing the world for good!

Kind Acts

☐ 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 greet a classmate.
☐ Recycle your trash.
☐ 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 display a “KINDNESS MATTERS” sign.
☐ Carry your friend’s books.
☐ Help your PE teacher with the equipment.
☐ Make a bookmark for a friend.
☐ Hold the door open for someone.
☐ Pat yourself on the back.
☐ Thank a bus driver or carpool driver.
☐ Write thank you on a bandage for the nurse.
☐ Say “good morning” for the first time.
☐ Be kind to yourself and eat a healthy snack.
☐ Decorate 5 hearts and give them to friends.
☐ 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 crossing guard.
☐ 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.

#GreatKindnessChallenge
GreatKindnessChallenge.org  KidsforPeaceGlobal.org

The Junior Edition Checklist
For Grades PreK-2

Acts of Kindness

☐ Invite a new friend to play.
☐ Make a wish for a child in another country.
☐ Make a new friend.
☐ Compliment 5 people.
☐ Give your friend a High Five.
☐ Thank someone who has helped you.
☐ Be kind to yourself and eat a healthy snack.
☐ Decorate 5 hearts and give them to friends.
☐ 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.
☐ Thank someone who has helped you.
☐ Create your own wish.