



The Great Kindness Challenge®

**PERU
VIRTUAL
EDITION**

Your Kindness Matters

We challenge you to complete as many acts of kindness as you can.

Have fun and smile big knowing that you are changing the world for good!

Kind Acts

- Send a smiley emoji to 25 people
- Place a nice note on a family member's pillow
- Sincerely compliment 5 people
- Be kind to yourself & eat a healthy snack
- Learn something new about your teacher
- Entertain your family with a happy dance
- Be kind to yourself & do 10 one-minute exercises
- List 10 things you are grateful for
- Make & display a thank you sign for your community workers
- Make & deliver a happy card to a senior friend
- Learn something new about a different culture
- Invent a kind handshake with a family member
- Donate toys, clothes or books to a charity or someone in need
- Make & display 10 positive notes around your house
- Call or video chat your grandparent or esteemed elder
- Make & display a KINDNESS MATTERS sign
- Tidy up your room before starting your online classes
- Choose a book & read before you go to bed
- Identify your positive personal character traits & create an "I Am poster"
- Take care of the water & don't waste it
- Be kind to yourself & take a Breather Break
- Cut out & decorate a Happy Heart & place in a window
- Make a short video to promote kindness & share it
- Read a short story to a younger sibling or a family member
- Step up for someone in need
- Recycle a jar & use it to share kind or gratitude notes with your family
- Make & share 10 messages of love, peace and hope for the world
- Speak kindly with your family members
- Learn to say "hello" in a new language
- Be kind to the planet & turn the lights off when you are not using them
- Reduce, sort & recycle your trash
- Go a whole day without complaining & use only positive words for the entire day
- Volunteer to help with any house chores
- Tell a current or past teacher how they've inspired you
- Prepare a healthy meal or snack for a loved one
- Say "sorry" to someone you may have hurt
- Tell a joke & make someone laugh
- Play hide & seek with your family
- Create a short jingle or rhyme about kindness & share it
- Create a game or activity in which all your family members can participate
- Reuse creatively some object or toy that you wanted to throw away
- Be on time to each online class
- Send a "thank you" note to your teacher
- Find positive news & share it with your family or friends
- Take care of your personal appearance as you get ready for your online class
- Volunteer to help with a class activity
- Invite a friend from another school to participate in The Great Kindness Challenge-Peru
- During this week share only positive messages on social media with the hashtag #KindnessUnites
- Plant or water a plant
- Create your own kind act



#GreatKindnessChallenge

GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org

(Your Name Here)

FREE APP!

