



# The Great Kindness Challenge®

PERÚ  
SCHOOL  
EDITION

**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.
- Create a nice note and give it to your friend.
- 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 your parents an extra hug.
- Reduce, reuse & recycle.
- Read a book before you go to bed.
- Write or search kind quotes and share them.
- Cut out 10 hearts & give them to friends.
- Entertain someone with a happy dance.
- Make a kind poster for cafeteria helpers.
- Show appreciation to a counselor / psychologist.
- Say "good morning" to 15 people.
- Bring a flower to the secretary.
- Make a wish for a child in another country.
- Say "thank you" to the maintenance staff.
- Invite a new friend to play/hang out with you.
- Send a thank you to your principal.
- Offer to help with household chores.
- Sit with a different classmate at lunch.
- Read a book to a younger child.
- Give a kind note to your teacher.
- Step up for someone in need.
- Make and display a "KINDNESS MATTERS" sign.
- Teach someone something new.
- 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 a thank you on a bandage 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 thank you note to the office staff.
- Reuse paper when you are drawing.
- Help your teacher with a needed task.
- Be on time for school.
- Say "thank you" to a teacher assistant.
- Create a special greeting with a classmate.
- Make a homemade gift for someone new to you.
- Create your own kind act.



**#GreatKindnessChallenge**

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(Your Name Here)

FREE APP!

