



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!

