



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!

Kind Acts

- Smile at 25 people.
- Surprise a friend with a nice note.
- Compliment 6 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.
- Reduce, reuse & recycle waste.
- Hug your friend.
- Read a book before you go to bed.
- Make 10 hearts using recycled materials & 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.
- Say "thank you" to the maintenance staff.
- Make a wish for a child in another country.
- Say "thank you" to a community volunteer.
- Invite a new friend to play/hang out with you.
- Send a thank you to your school director.
- Volunteer to help with any house chores.
- Sit with a different classmate at lunch.
- Read a story to a younger child.
- Give a kind note to your teacher.
- Step up for someone in need.
- Make and display a "Show us your kind!" 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.
- Say hello and thank the person who takes you to school.
- Write a thank you on a bandage for the nurse.
- Listen to your teacher the first time.
- Whisper "thank you" to the librarian.
- On 5 sticky notes, write 5 good things about yourself and stick them on your mirror.
- Lend a pencil to a friend.
- Learn to say "hello" in a new language.
- Bring a flower 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 friend.
- Make a homemade gift for someone new to you.
- Create your own kind deed.



#GreatKindnessChallenge

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(Your Name Here)

FREE APP!

