



# The Great Kindness Challenge®

**FAMILY EDITION**

**Create a kinder world.**

**Take a week, a month or a year.**

**Have fun and complete as many acts of kindness as you can.**

**Your Kindness Matters!**

## Kind Acts

- Smile at 25 people.
- Take a treat to your local firefighters.
- Do a household chore without being asked.
- Donate something to an animal shelter.
- Read a book to a younger child.
- Make a thank you card for your librarians.
- Entertain someone with a happy dance.
- Create a family gratitude jar.
- Cheer for every player on both teams.
- Deliver a special gift to a child in the hospital.
- Make a new friend or welcome a new neighbor.
- Send a card or gift to a military family.
- Walk or pet an animal - but ask first!
- Go a full day without complaining.
- Hold the door open for someone.
- Learn to say "Thank you" in a new language.
- Embrace your family with a big hug.
- Teach something to a younger sibling or friend.
- Write or draw a loving note for someone.
- Make and display a "Kindness Matters" sign.
- Raise funds and donate to your favorite cause.
- Watch the sunrise or sunset together.
- Breathe, stretch, and think a happy thought.
- Cut out 10 hearts and leave them on 10 cars.
- Thank a bus driver.
- Leave a flower on someone's doorstep.
- Donate needed school supplies.
- Be kind to yourself and eat a healthy snack.
- Call your grandparents or an esteemed elder.
- Walk or bike instead of driving.
- Say "Thank you" to a community helper.
- Bake cookies and share them with your neighbors.
- Say "Good Morning" to 5 people.
- Pick up and recycle trash in your neighborhood.
- Take a family walk outside.
- Draw a heart in the sand or dirt.
- Write a thank you note to your mail carrier.
- Make a wish for a child in another country.
- Volunteer in your community.
- Say "Hi" to someone who looks sad.
- Write a happy message with sidewalk chalk.
- Paint a kindness rock and randomly place it.
- Share food with someone who is hungry.
- Sincerely compliment 5 people.
- Send a card or a gift to a military family.
- Post a positive message on social media.
- Let someone go ahead of you in line.
- Help plant a garden.
- Reflect on kindness you witnessed during the day.
- Create your own kind deed.



**#GreatKindnessChallenge**  
**www.greatkindnesschallenge.org**

**FREE APP!**

