

The School Edition Kindness Checklist


For Grades 2-12

The Junior Edition Checklist

For Grades PreK-2

The Classroom Edition Checklist

For Grades 1-8




The Great Kindness Challenge
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.
- Surprise a friend with a nice note.
- 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 a KIND handshake to greet a classmate.
- Recycle your trash.
- Hug your friend.
- Pick up trash outside your school.
- 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 or mentor.
- Say "good morning" to 15 people.
- Design a thank you for the PTA/PTO.
- Make a wish for a child in another country.
- Say "thank you" to a crossing guard.
- Invite a new friend to play/hang out with you.
- Send a thank you to your superintendent.
- Offer to help your custodian.
- Sit with a new group of kids at lunch.
- Read a book to a younger child.
- Give an apple or a note to thank your teacher.
- Step up for someone in need.
- Make and display a "KINDNESS MATTERS" sign.
- Carry your friend's books.
- 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 flower to the office staff.
- Show appreciation to your principal creatively.
- Help your teacher with a needed task.
- Be on time for school.
- Say "thank you" to a volunteer.
- Give your friend a high five.
- Make a friendship gift for someone new to you.
- Create your own kind deed.

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FREE APP!


(Your Name Here)



The Great Kindness Challenge
JUNIOR EDITION

Kindness Matters.
Complete as many acts of kindness as you can. Have fun!

Acts of Kindness

<input type="checkbox"/> Invite a new friend to play. 	<input type="checkbox"/> Smile at 25 people. 	<input type="checkbox"/> Make a wish for a child in another country. 
<input type="checkbox"/> Give your friend a High Five. 	<input type="checkbox"/> Compliment 5 people. 	<input type="checkbox"/> Be kind to yourself and eat a healthy snack. 
<input type="checkbox"/> Decorate 5 hearts and give them to friends. 	<input type="checkbox"/> Entertain someone with a happy dance. 	<input type="checkbox"/> Lend a pencil to a friend. 
<input type="checkbox"/> Help someone up if they fall down. 	<input type="checkbox"/> Thank someone who has helped you. 	<input type="checkbox"/> Create your own kind deed. 

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Your Name Here



The Great Kindness Challenge
CLASSROOM 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 making a difference at your school and beyond!

Kind Acts

- Smile at 25 people.
- Slip a nice note in your friend's backpack.
- Sincerely compliment 5 people.
- Pick up 10 pieces of trash on campus.
- Be kind to yourself & eat a healthy snack.
- Learn something new about your teacher.
- Tell a joke and make someone laugh.
- Be kind to yourself & create an I Am poster.
- Draw a picture & give it to someone.
- Be kind to yourself & take a Breather Break.
- Cut out 10 hearts & give them to friends.
- Entertain someone with a happy dance.
- Be kind to yourself & do 10 one-minute exercises.
- List 10 things you are grateful for.
- Make & send a happy card to a senior friend.
- Show appreciation to a counselor or mentor.
- Make a wish for a child in another country.
- Send a Thank You to your superintendent.
- Learn something new about a different culture.
- Give a KIND handshake to greet a classmate.
- Recycle your trash.
- Help a younger student.
- Invite a new friend to play/hang out with you.
- Make a kind poster for cafeteria helpers.
- Donate toys, clothes or food to a charity or someone in need.
- Say "good morning" to 15 people.
- Make & display an uplifting message around your school.
- Read a book to a younger child.
- Step up for someone in need.
- Make & display a KINDNESS MATTERS sign.
- Say "hi" or cheer someone up who looks sad.
- Decorate a kindness rock & randomly place it.
- Hold the door open for someone.
- Pat yourself on the back.
- Learn to say "hello" in a new language.
- Show appreciation to your principal creatively.
- Offer to help your custodian.
- Make a friendship gift for someone new to you.
- Sit with a new group of kids at lunch.
- Go a whole day without complaining & use only positive words for the entire day.
- Find something you have in common with a classmate.
- Tell a current or past teacher how they've inspired you.
- Say "sorry" to someone you may have hurt.
- Make a bookmark for a friend.
- Bring a flower to the office staff.
- Say "thank you" to a volunteer.
- Create a kind surprise for another class.
- Take a walk and connect with nature.
- Raise funds for a cause you care about.
- Create your own kind act.

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(Your Name Here)