



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!

Presented by



Acts of Kindness

- ☐ Smile at 25 people
- ☐ Take a treat to your local firefighters
- ☐ Do a household chore without being asked
- ☐ Donate something to an animal shelter
- ☐ Take a board game to play at a senior center
- ☐ 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
- ☐ Donate needed school supplies
- ☐ Thank a bus driver
- ☐ Leave a flower on someone's doorstep
- ☐ Be kind to yourself and eat a healthy snack
- ☐ Call your grandparents or esteemed elder
- ☐ Walk or bike instead of driving
- ☐ Say "Thank You" to a police officer
- ☐ Bake cookies and share 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
- ☐ 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



#GKCfamily
www.greatkindnesschallenge.org

