We challenge you to perform as many kind deeds as you can in one week. Using the checklist below, check off your acts as you go. Have fun!

## Kindly presented by

## The Challenges

Smile at 25 People
$\square$ Slip a Nice Note in Your Friend's Backpack

- Compliment 5 People
- Pick Up 10 Pieces of Trash
- 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
$\square$ Help a Younger Student
$\square$ 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
$\square$ Entertain Someone with a Happy Dance
- Make a Kind Poster for School Helpers
$\square$ Show Appreciation to a Counsellor/Resource
- Say "Good Morning" to 15 People
$\square$ Design a Thank You to another teacher
- Make a Wish for a Child in another Country
$\square$ Say "Thank You" to a Patrol
- Invite a New Friend to Play/Hang Out with Yo
$\square$ $\qquad$
- Offer to Help Your Custodian
$\square$

Sit with a New Group of Kids at Lunch
$\square$ Read a Book to a Younger Child

- Give an Apple or a Note to 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 Equipment
- Make a Bookmark for a Friend
- Hold the Door Open for Someone
$\square$ Pat Yourself on the Back
$\square$ Thank a Bus Driver
- 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
$\square$ Help Your Teacher with a Needed Task
$\square$ 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 Yoו

- Create Your Own Kind Deed

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