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 or wave at 25 people
- ☐ Leave a nice note for someone
- ☐ Sincerely compliment 5 people
- ☐ Take a treat to firefighters or police officers
- ☐ Spend extra time reading with your kids
- ☐ Tell a joke & make someone laugh
- ☐ Be kind to yourself & eat a healthy snack
- ☐ Mail a card or letter to someone for no reason
- ☐ Spend extra time with your pet
- ☐ Buy someone a morning drink
- ☐ Recycle your trash
- ☐ Call (don't text) a friend you haven't talked to in a while
- ☐ Deliver treats to a friend, neighbor, or co-worker
- ☐ Creatively thank your child's teacher or coach
- ☐ Make a list of 10 things or people you are grateful for
- ☐ Make or buy your child their favorite food
- ☐ Put away your phone when spending time with someone
- ☐ Say "good morning" to 15 people
- ☐ Slip an encouraging note into your child's backpack
- ☐ Make a wish for a person in another country
- ☐ Ask your child their opinion
- ☐ Donate items to a charity
- ☐ Reflect on a blessing you received today
- ☐ Do a household task that you don't normally do

- ☐ Hold the door open for someone
- ☐ Listen to a song that makes you happy
- ☐ Thank a healthcare worker
- ☐ Step up for someone in need
- ☐ Make and display a KINDNESS MATTERS sign
- ☐ Create a thank you note/sign for essential workers
- ☐ Recommend a great book or podcast to a friend
- ☐ Breathe, stretch, and think a happy thought
- ☐ Express gratitude to a member of the military
- ☐ Learn to say "hello" in a new language
- ☐ Leave paper hearts with kind messages on 10 cars
- ☐ Go above and beyond in something you're doing
- ☐ Try a new food
- ☐ Reflect on kindness you witnessed
- ☐ Let someone go before you in line
- ☐ Show appreciation to your boss or a mentor
- ☐ Take a family walk outside
- ☐ Leave a positive post-it on a bathroom mirror for someone to find
- ☐ Write a thank you note to your mail carrier and sanitation workers
- ☐ Post a positive message on social media
- ☐ Say "thank you" to a volunteer for what they do
- ☐ Tape $1 to a vending machine
- ☐ Create a family gratitude jar
- ☐ Create your own kind deed

#GreatKindnessChallenge
www.greatkindnesschallenge.org

FREE APP!