




30-day Kindness Challenge



Random Acts of Kindness performed by

<input type="checkbox"/> 1 Write a thank-you note to someone who has helped you recently.	<input type="checkbox"/> 2 Donate canned goods to a local food pantry.	<input type="checkbox"/> 3 Make food for your family.	<input type="checkbox"/> 4 Bring an extra snack to share with a friend.	<input type="checkbox"/> 5 Cheer someone up with a kind word or joke.	<input type="checkbox"/> 6 Smile and say "hello" to your classmates.	<input type="checkbox"/> 7 Pick up litter in your neighborhood or a local park.
<input type="checkbox"/> 8 Invite a new friend to play.	<input type="checkbox"/> 9 Thank your parents and tell them you love them.	<input type="checkbox"/> 10 Draw a picture for a friend.	<input type="checkbox"/> 11 Donate a book to the library.	<input type="checkbox"/> 12 Thank your teacher for all that they do.	<input type="checkbox"/> 13 Give tons of high fives.	<input type="checkbox"/> 14 Give a smile-a-gram to a friend.
<input type="checkbox"/> 15 Leave a friendly note in a library book.	<input type="checkbox"/> 16 Make and send a "Get Well Soon" card.	<input type="checkbox"/> 17 Help the teacher without them asking.	<input type="checkbox"/> 18 Smile at everyone you see today.	<input type="checkbox"/> 19 Hold the door open for someone.	<input type="checkbox"/> 20 Write a letter to a friend.	<input type="checkbox"/> 21 Smile at a stranger.
<input type="checkbox"/> 22 Give someone in your home a big hug and tell them you care.	<input type="checkbox"/> 23 Call a family member on the phone.	<input type="checkbox"/> 24 Let someone else go first in line.	<input type="checkbox"/> 25 Do a chore for someone in your family.	<input type="checkbox"/> 26 Teach a friend something you are good at.	<input type="checkbox"/> 27 Give lots of compliments.	<input type="checkbox"/> 28 Vow to continue being kind always.
<input type="checkbox"/> 29 Share the kindness calendar with someone and encourage them to join.	<input type="checkbox"/> 30 Write down a kindness goal for the coming month and commit to it.	<p>For ideas on how to continue the conversation, visit parentslead.org</p> 				

PARENTS LEAD.ORG

