



# The Great Kindness Challenge®

**VIRTUAL  
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 changing the world for good!

## Kind Acts

- Smile at 25 people
- Place a nice note on a family member's pillow
- Sincerely compliment 5 people
- Pick up 10 pieces of trash in your neighborhood
- Bond with your classmates with a Scavenger House Hunt game
- Be kind to yourself & eat a healthy snack
- Learn something new about your teacher
- Be kind to yourself & create an I Am poster
- Draw a picture & give it to someone
- Leave a flower on someone's doorstep
- Be kind to yourself & take a Breather Break
- Cut out & decorate a Happy Heart & place in a window
- Entertain someone with a happy dance
- Be kind to yourself & do 10 one-minute exercises
- List 10 things you are grateful for
- Make & display a thank you sign for essential workers
- Show appreciation to a counselor or mentor
- Make a wish for a child in another country
- Write a note of friendship for The Great Toy Giveaway
- Send a thank you to your superintendent
- Make & deliver a happy card to a senior friend
- Learn something new about a different culture
- Write a thank you note to your mail carrier
- Invent a kind handshake with a family member
- Donate toys, clothes or books to a charity or someone in need
- Make & display 10 positive notes around your house
- Read a book to a younger child
- Call or video chat your grandparent or esteemed elder
- 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
- Make 10 Love Links for Kindness Unites Paperchain
- Pat yourself on the back
- Embrace your family with a big hug
- Take a family walk and look for Happy Hearts
- Learn to say "hello" in a new language
- Show appreciation to your principal creatively
- Be kind to the earth & make a cardboard creation
- Make a friendship gift for someone new to you
- Recycle your trash
- 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
- Prepare a healthy meal or snack for a loved one
- Say "sorry" to someone you may have hurt
- Tell a joke & make someone laugh
- Bond with your classmates & play a Virtual Game of Tag
- Raise funds for a cause you care about
- Create your own kind act

## #GreatKindnessChallenge

GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org

(Your Name Here)



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