

Kids for Peace presents



The Great Kindness Challenge

SCHOOL EDITION

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!

The Challenges

- Smile at 25 People
- Pick Up Trash Outside Your School
- Say "Thank You" to a Crossing Guard
- Entertain Someone with a Happy Dance
- Make a New Friend
- Tell a Joke and Make Someone Laugh
- Learn to Say "Hello" in a New Language
- Make a Love Note for Your Caretaker
- Paint a Picture and Give It to Someone
- Help a Younger Student
- Give a KIND Handshake to Greet a Classmate
- Recycle Your Trash
- Hug Your Friend
- Read a Book to a Younger Child
- Cut Out 10 Hearts & Give Them to Friends
- Compliment 5 People
- Sing a "Thank You" Song to Your Music Teacher
- Walk or Bike to School Instead of Driving
- Say "Good Morning" to 15 People
- Be Kind to Yourself and Eat a Healthy Snack
- Make a Wish for a Child in another Country
- Donate Food to a Food Bank
- Invite a New Friend to Play/Hang Out with You
- Mail a Thank You to Your Superintendent
- Offer to Help Your Custodian
- Help Someone Up If They Fall Down
- Make a Kind Poster for Cafeteria Helpers
- Give a Friend a Healthy Snack
- Write a Thank You on a Band-Aid for the Nurse
- Hold the Door Open for Someone
- Carry Your Friend's Books
- Help Your PE Teacher with the Equipment
- Make a Bookmark for a Friend
- Donate a Toy or Item of Clothing
- Make and Display a "Kindness Matters" Sign
- Thank a Bus Driver or Car Pool Driver
- Help Shelve Books in the Library
- Listen to Your Teacher the First Time
- Slip a Nice Note in Your Friend's Backpack
- Wear a T-Shirt with a Positive Message
- Sharpen a Friend's Pencil
- Give an Apple and a Note to Your Teacher
- Bring a Flower to the Office Staff
- Show Appreciation to Your Principal Creatively
- Help Your Teacher with a Needed Task
- Sit with a New Group of Kids at Lunch
- Say "Thank You" to a Volunteer
- Pick Up 10 Pieces of Trash on Campus
- Make a Friendship Gift for Someone New to You
- Create Your Own Kind Deed



I, _____, am a kind kid.

(Your Name Here)