

# 30 Day Kindness Challenge

Name: \_\_\_\_\_

"When given the choice between being right and being kind, Choose Kind!" R.J. Palacio

1. Hold the door for someone and smile as they go past. Try to give them a genuine compliment.	2. When you notice someone on their own in the playground – go over and talk to them and be kind.	3. Smile and say good morning to every adult you see.	4. Write a letter or tell a family member why you love and appreciate them.	5. Say thank you to someone who has been kind to you.	6. Help out an adult in school without being asked to do so.
7. Give 3 compliments to people you know	8. Spend all day saying nice things to other people (genuine) how many people can you make smile?	9. Leave a nice note in a library book for the next person	10. Do an amazing act of kindness...just because!	11. Initiate a family activity – whole family walk, play a board game etc. Set up and tidy up and tell them how much fun you had.	12. Choose to walk away when people are being unkind to others and politely tell them why you – chose kind
13. Frustrated? Angry? Assume the other person acted with good intent and didn't hurt your feelings on purpose. Let them off the hook.	14. Make some play dough for the nursery or a younger neighbour/relative/friend	15. Ask people at home about their day – have 20 minutes of no technology communication.	16. Carry someone's bags for them etc	17. Offer to help make dinner or supper	18. Clean the kitchen without being asked. Wash dishes, clean the counters and stovetop, and take out the rubbish/recycling..
19. In the morning, go round and make all the beds in your home – Can you do it as a surprise?	20. Take in the washing/put laundry away	21. Give a donation (non money) to Charity (foodbank, ragbag, Charity shop)	22. Ask an elderly relative to share some stories about when they were at school – listen to them, ask questions.	23. Read a book to a young child. Then read a few poems or magazine articles to a senior citizen.	24. Offer to walk a neighbour's dog
25. Surprise call, email or write a letter to a relative that you have not seen in a while.	26. Make an effort to tidy things up – even if it is not your mess.	27. Bake something and give it to someone who you think would like it.	28. Stick up for people – choose kind!	29. Let anyone sit beside you in class – do not move – can you even ask to sit beside someone who seems sad?	30. Leave a thank you note for the postman, or give a nice drawing or note to someone who helps e.g. Lollypop man

Try to complete the 30 days of kindness challenge, challenges that you chose as a class. Tick or date them as you do them. We will be reflecting on these in class. #ChooseKind

**A little spark of kindness can put a colossal burst of sunshine into someone's day!**

How do you think these intentional acts of kindness made others feel? (explain)

How did these intentional acts of kindness make you feel?(explain)

How do you think your intentional acts of kindness made others feel about themselves?(explain)

How did these intentional acts of kindness make you feel about yourself? How did they make you feel about others?(explain)

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