



# 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 messages of love & hope for Linked By Love
- ☐ 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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