

Kids for Peace presents



The Great Kindness Challenge

We challenge you to perform as many kind deeds as you can in one day. Using this list, check off your acts of kindness as you go. Have fun!

Presented by
Dignity Health™

Acts of Kindness Checklist

- ☺ Smile at 25 people
- ☺ Take a treat to your local firefighters
- ☺ Do a household chore without being asked
- ☺ Pick up trash in your neighborhood
- ☺ Take a board game to play at a senior center
- ☺ Read a book to a younger child--
- ☺ Say "Thank you" to a police officer
- ☺ Entertain someone with a happy dance
- ☺ Help an elder cross the street
- ☺ Push someone on a swing
- ☺ Pick up trash at the water's edge
- ☺ Make a new friend
- ☺ Write a thank you note to your mail carrier
- ☺ Walk a dog (or cat!)
- ☺ Plant a tree
- ☺ Say "Hi" to a homeless person
- ☺ Learn to say "Thank you" in a new language
- ☺ Help clean up a park
- ☺ Say "Thank you" to a lifeguard
- ☺ Write a love note to your caretaker
- ☺ Paint a picture and give it to someone
- ☺ Host a lemonade stand and donate proceeds
- ☺ Recycle your trash
- ☺ Hug your sibling or friend
- ☺ Cut out 10 hearts and leave them on 10 cars
- ☺ Donate needed school supplies
- ☺ Thank a bus driver
- ☺ Leave a flower on someone's doorstep
- ☺ Donate something to an animal shelter
- ☺ Call your grandma or grandpa
- ☺ Walk or bike instead of driving
- ☺ Make a thank you card for your librarians
- ☺ Thank an elected official for their service
- ☺ Say "Good Morning" to 5 people
- ☺ Be kind to yourself and eat a healthy snack
- ☺ Deliver a special gift to a child in the hospital
- ☺ Draw a heart in the sand or dirt
- ☺ Send a card or gift to a military family
- ☺ Make a wish for a child in another country
- ☺ Donate food to a food bank
- ☺ Hold the door open for someone
- ☺ Write a happy message with sidewalk chalk
- ☺ Leave a painted rock on a friend's doorstep
- ☺ Make sack lunches for the homeless
- ☺ Compliment 5 people
- ☺ Make and display a "Kindness Matters" sign
- ☺ Call a radio station and wish them a nice day
- ☺ Sweep the sidewalk on your street
- ☺ Help plant a garden
- ☺ Create your own kind deed

Please visit our website to share your stories, photos and videos of kind deeds.

www.greatkindnesschallenge.org

