

# WEEKLY KINDNESS CHALLENGE



Notice something nice about someone and compliment them for it

Thank a teacher for something they have done for you

Offer to walk the neighbor's dog for them

Donate some toys to a charity or shelter

Smile to, and acknowledge others around you

Write an inspirational message on the sidewalk with chalk

Invite someone to play with you

Give someone a flower

Ask someone if you can help them with a job

Make a gift or card for someone

Paint rocks and leave them in a local park

Pick up litter around school or the park

Write a note to a family member telling them why you love them

Hold the door for someone else

Be kind to yourself and do something just for you

**Can you achieve all of these kindness activities in one week?**