

# Great Kindness Challenge

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

January 26-30, 2015

## Dignity Health Checklist

- Say 'Good Morning' to 15 people
- Write a loving note to a family member
- Take a hot beverage or treat order from an inpatient's family member(s) and deliver it to him or her the next day
- Ask one child what kindness means to them and share that with a colleague or friend
- Read a favorite book or look at photo album with an elderly inpatient (family member can bring album)
- Write notes of gratitude to people outside of your department: cafeteria, security, receptionist, etc.
- Ask a colleague what kindness means to them and share with them what kindness means to you
- Bake some cookies, pan dulce, or bring apples for night shift operators or security guards
- Collect and deliver sleeping bags or warm coats for the homeless
- Pick up trash or clean up graffiti in your neighborhood
- Write, draw, make, or buy something encouraging for a colleague who is experiencing difficulties
- Leave a treat on the desk of a coworker you don't normally gravitate towards
- Share on social media one or more of the kind deeds your colleagues have done with the hashtag #DignityHealthGKC
- Bring in a healthy snack to share with coworkers
- Tell a joke and make someone laugh
- Leave kind notes for five of your neighbors
- Surprise a coworker with a favorite beverage
- Share a humankindness story at [hellohumankindness.org](http://hellohumankindness.org)
- Make a donation to a coworker's favorite charity
- Leave a piece of chocolate on everyone's desk
- Treat a coworker to lunch
- Offer to help a co-worker with errands
- Collect books for your local library
- Smile at 25 people
- Buy a visitor lunch in the cafeteria
- Take a walk with a coworker during your break
- Hold the door open for someone
- Pat yourself on the back
- Compliment five people
- Be kind to yourself and have a healthy snack
- Learn something new about your supervisor or another coworker
- Walk or bike to work
- Hold the elevator for 10 people
- Learn to say 'Thank You' in a new language
- Call a coworker in another facility or office and thank them for how their work helps you in yours
- Visit a different floor or department to introduce yourself
- Volunteer at a local charity or with your child's school
- Donate something to a local animal shelter
- Deliver a special gift to a patient in the hospital who hasn't had many visitors
- Call your parents, sibling, or past acquaintance to get caught up on their lives
- Make sack lunches for the homeless
- Be a friend who listens: Have a meal with your family or friends without looking at your phone
- Take a deep, cleansing breath each day
- Surprise a coworker or neighbor with flowers
- Make "Thanks for your humankindness" note cards and give them to anyone you noticed performing a kind deed
- Park farther away from the building entrance to allow others to park closer
- Let someone go in front of you in line
- Return your shopping cart (and/or someone else's) instead of leaving it in the parking lot
- Start contributing to your hospital's foundation or a charity of your choice
- Create your own kind deed

