

# Challenge Checklist

## Great Kindness Challenge

January 22-26, 2018

JUNIOR EDITION



HELPING HANDS 2018

*Kindness Matters. Complete as many acts of kindness as you can.  
Have fun!*

<input type="checkbox"/> Invite a new friend to play 	<input type="checkbox"/> Smile at 25 people 	<input type="checkbox"/> Make a wish for a child from another country 	<input type="checkbox"/> Give your friend a high five 
<input type="checkbox"/> Compliment 5 people <i>Nice Stripes!</i> 	<input type="checkbox"/> Be kind to yourself and eat a healthy snack 	<input type="checkbox"/> Cut out paper hearts and give them away 	<input type="checkbox"/> Entertain someone with a happy dance! 
<input type="checkbox"/> Lend a pencil to a friend 	<input type="checkbox"/> Help someone up if they fall down 	<input type="checkbox"/> Thank someone who has helped you <i>Thank You!</i> <i>You're Welcome!</i> 	<input type="checkbox"/> Create your own kind deed 

Your Name Here: \_\_\_\_\_



Dignity Health™

Hello humankindness™