

Challenge Checklist

Great Kindness Challenge

January 22-26, 2018

SCHOOL EDITION



HELPING HANDS 2018

*We challenge you to perform as many kind deeds as you can in one week.
Using the checklist below, check off your acts as you go. Have fun!*

- Hold the door for someone
- Help somebody with their homework
- Say good morning to your teacher, principal, school officials and classmates
- Do a chore for someone without them asking
- Write grandparents a letter or draw a picture and mail it to them
- Let someone go ahead of you in line
- Compliment someone
- Write a thank you note for your mail carrier
- Plant something
- Set the table for dinner
- Tell someone why they are special to you
- Talk to someone new at school
- Read a book to someone
- Say hello to everybody you meet
- Invite someone to play on the playground
- Tell your principal how great your teacher is
- Write a thank you note to your teacher
- Help make dinner
- Bring your neighbor's garbage can in for them
- Clean up your room without being asked
- Give a treat to the bus driver
- Give fist bumps to your friends
- Write a thank you note to your parents
- Help a sibling do a chore or other job
- Donate books you no longer read or need
- For one day, try to pick up at least three pieces of trash wherever you are
- Sit with someone at lunch that looks lonely or that doesn't have very many friends
- Say hello to 3 people you have never spoken to
- Draw a picture for someone
- Give someone a hug
- Do something kind for animals
- Tell a joke
- Sing a song
- Ask your friends what kindness means to them
- Be a good friend
- Thank people genuinely
- Say "bless you" when anyone sneezes
- Offer to take your neighbor's dog for a walk
- Offer to carry in the groceries at home
- Tell your brother or sister how much you love them
- Create art as a surprise gift
- Thank an adult at school for something they do
- Clean up after yourself
- Help someone before they ask
- Lend a classmate a pencil
- Do a favor
- Respect others
- Leave a happy note for somebody to find
- Tell your parents about the kindness acts you saw throughout the day
- Share a toy with a friend

Your Name: _____



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