



# The Great Kindness Challenge

Kindness Mini-Lessons - 17-Week Schedule

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SEPTEMBER	Back to School Prep	1. Smile at 25 people 2. Place a nice note on a family member's pillow 3. Sincerely compliment 5 people	4. Pick up 10 pieces of trash in your neighborhood 5. Bond with your classmates with a <i>Scavenger House Hunt</i> game 6. Be kind to yourself & eat a healthy snack	7. Learn something new about your teacher 8. Be kind to yourself & create an <i>I Am</i> poster 9. Draw a picture & give it to someone
OCTOBER	10. Leave a flower on someone's doorstep 11. Be kind to yourself & take a <i>Breather Break</i> 12. Cut out & decorate a <i>Happy Heart</i> & place in a window	13. Entertain someone with a happy dance 14. Be kind to yourself & do 10 one-minute exercises 15. List 10 things you are grateful for	16. Make & display a thank you sign for healthcare workers 17. Show appreciation to a counselor or mentor 18. Make a wish for a child in another country	18. Walk or pet an animal - but ask first! 20. Send a thank you to your superintendent 21. Make & deliver a happy card to a senior friend
NOVEMBER	22. Learn something new about a different culture 23. Write a thank you note to your mail carrier 24. Invent a kind handshake with a family member	25. Donate toys, clothes or books to a charity or someone in need 26. Make & display 10 positive notes around your house 27. Read a book to a younger child	Thanksgiving/Fall Break	28. Call or visit your grandparent or esteemed elder 29. Step up for someone in need 30. Make & display a KINDNESS MATTERS sign
DECEMBER	31. Say "hi" or cheer someone up who looks sad 32. Decorate a kindness rock & randomly place it 33. Hold the door open for someone 34. Pat yourself on the back	35. Embrace your family with a big hug 36. Take a family walk and greet those you pass 37. Learn to say "hello" in a new language 38. Show appreciation to your principal creatively	39. Be kind to the earth & make a cardboard creation 40. Make a friendship gift for someone new to you 41. Recycle your trash	42. Go a whole day without complaining & use only positive words for the entire day 43. Find something you have in common with a classmate 44. Tell a current or past teacher how they've inspired you
DEC/ JANUARY	DEC. WEEK 5 Winter Break  JAN. WEEK 1 Winter Break	45. Prepare a healthy meal or snack for a loved one 46. Say "sorry" to someone you may have hurt 47. Tell a joke & make someone laugh	48. Bond with your classmates & play a <i>Virtual Game of Tag</i> 49. Raise funds for a cause you care about 50. Create your own kind act	GKC Celebration Week