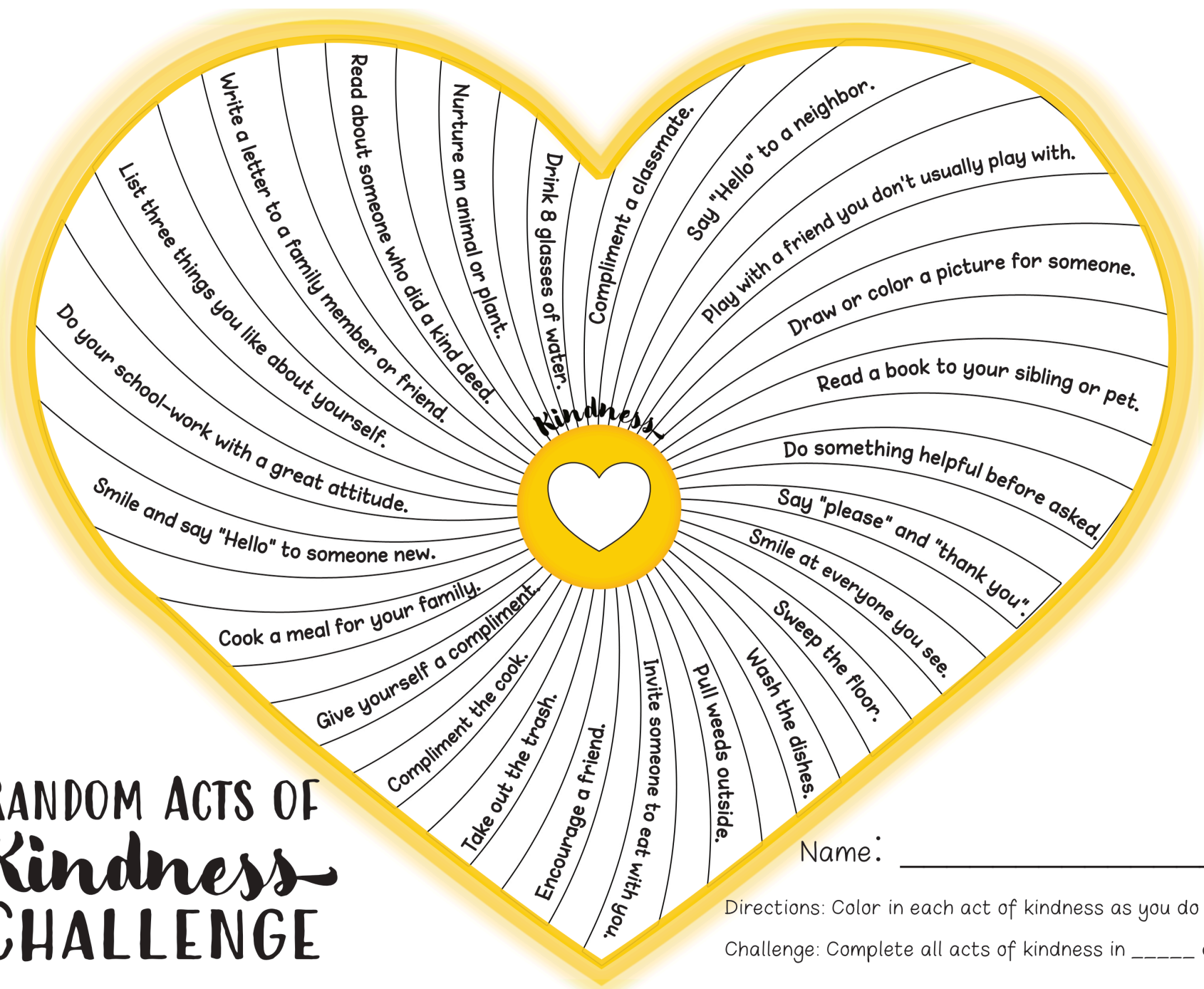


# RANDOM ACTS OF Kindness CHALLENGE

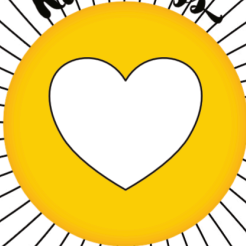


Name: \_\_\_\_\_

Directions: Color in each act of kindness as you do it.

Challenge: Complete all acts of kindness in \_\_\_\_\_ days.

Kindness



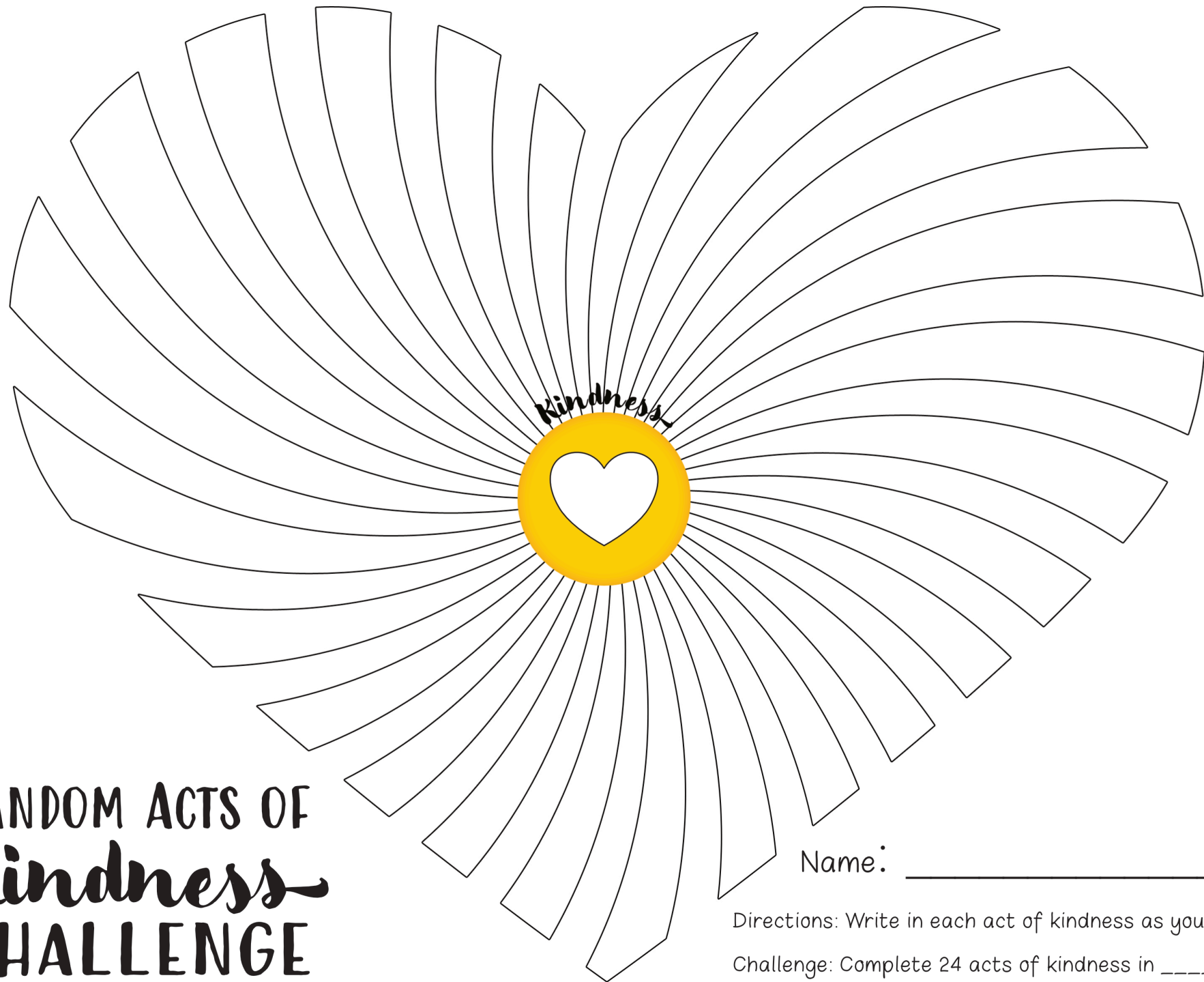
- Drink 8 glasses of water.
- Compliment a classmate.
- Say "Hello" to a neighbor.
- Play with a friend you don't usually play with.
- Draw or color a picture for someone.
- Read a book to your sibling or pet.
- Do something helpful before asked.
- Say "please" and "thank you"
- Smile at everyone you see
- Sweep the floor
- Wash the dishes.
- Pull weeds outside.
- Invite someone to eat with you.
- Encourage a friend.
- Take out the trash.
- Compliment the cook.
- Give yourself a compliment
- Cook a meal for your family.
- Smile and say "Hello" to someone new.
- Do your school-work with a great attitude.
- List three things you like about yourself.
- Write a letter to a family member or friend.
- Read about someone who did a kind deed.
- Nurture an animal or plant.

# RANDOM ACTS OF Kindness CHALLENGE

Name: \_\_\_\_\_

Directions: Color in each act of kindness as you do it.

Challenge: Complete all acts of kindness in \_\_\_\_\_ days.



# RANDOM ACTS OF *Kindness* CHALLENGE

Name: \_\_\_\_\_

Directions: Write in each act of kindness as you do it.

Challenge: Complete 24 acts of kindness in \_\_\_\_\_ days.