The Great Kindness Challenge

SCHOOL EDITION

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!

Kindly presented by Dignity Health

The Challenges

- ❑ Smile at 25 People
- ❑ Slip a Nice Note in Your Friend's Backpack
- ❑ Compliment 5 People
- ❑ Pick Up 10 Pieces of Trash on Campus
- ❑ Make a New Friend
- ❑ Tell a Joke and Make Someone Laugh
- ❑ Be Kind to Yourself and Eat a Healthy Snack
- ❑ Learn Something New about Your Teacher
- ❑ Draw a Picture and Give It to Someone
- ❑ Help a Younger Student
- ❑ Give a KIND Handshake to Greet a Classmate
- ❑ Recycle Your Trash
- ❑ Ask a friend is you can give them a hug
- ❑ Pick Up Trash Outside Your School
- ❑ Tell two instructional assistants why you appreciate them
- ❑ Entertain Someone with a Happy Dance during recess
- ❑ Make a Kind Poster for Cafeteria Staff Members
- ❑ Show Appreciation to a Counselor, behavior specialist or Instructional Mentor
- ❑ Say "Good Morning" to 15 People
- ❑ Design a Thank You for the Hammond PTC
- ❑ Draw a nice picture for a Hammond Staff member
- ❑ Say "Thank You" to a Crossing Guard
- ❑ Invite a New Friend to Play/Hang Out with You
- ❑ Send a Thank You to a community member
- ❑ Offer to Help Your Custodian, Mr. Greg and/or Mr. Clyde.
- ❑ Sit with a New Group of Kids at Lunch
- ❑ Read a Book to a Younger Child
- ❑ Give an Apple or a Note to Your Teacher
- ❑ Step Up for Someone in Need
- ❑ Make and Display a "Kindness Matters" Sign
- ❑ Carry Your Friend's Books
- ❑ Help Mr. Ernst or Coach Steadman with Equipment
- ❑ Help a substitute feel welcome here at Hammond
- ❑ Hold the Door Open for Someone
- ❑ Pat Yourself on the Back
- ❑ Thank a Bus Driver, parent who drives you or Carpool Driver
- ❑ Ask the music teacher how you can be helpful today
- ❑ Listen to Your Teacher the First Time
- ❑ Whisper Thank You to the Media Specialist, Ms. Siddoway
- ❑ Help Someone Up If They Fall Down
- ❑ Ask your friend how their day is going, and listen actively to the answer.
- ❑ Learn to Say "Hello" in a New Language
- ❑ Bring a Flower or picture to the Office Staff
- ❑ Creatively Show Appreciation to Your Principal, Mrs. Tan
- ❑ Help Your Teacher with a Needed Task
- ❑ Be on Time for School
- ❑ Say "Thank You" to a Volunteer
- ❑ Give Your Friend a High Five
- ❑ Make a Friendship Gift for Someone New to You
- ❑ Create Your Own Kind Deed

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