

5 day KINDNESS Challenge

To complete this challenge, choose a challenge buddy and go through the activities together. Once you complete each activity, put a checkmark next to it below.



MY NAME IS _____ MY CHALLENGE BUDDY IS _____

We began this challenge on (date) _____

When we complete this challenge we will celebrate by _____

☐

5 Ways I Can Show Kindness Today

☐

Compliment Circle

☐

I See The Good In Others

☐

I Am Kind To The World


☐

I Am Kind To Me



5 WAYS I CAN SHOW KINDNESS today

Color a square as you complete kind acts throughout your day.
Add your own kind acts in empty squares. Make sure to complete at least 5 squares!

Hold the door for someone		Say hello to a stranger	Let someone go first
Tell someone you appreciate them		Offer someone help	
Invite someone new to play with you			
Tell a joke to cheer someone up	Call a relative and ask about their day	Tell someone why they are special to you	Give someone a compliment



Compliment Circle

Invite others to join this activity. Print enough sheets for everyone and sit in a circle. Write your name below then pass the paper to the person next to you. Complete the sentences below about the person whose name is written on the top. Continue until YOUR sheet comes back to you and read what others wrote.

NAME _____

I appreciate when you

One thing I like about you is

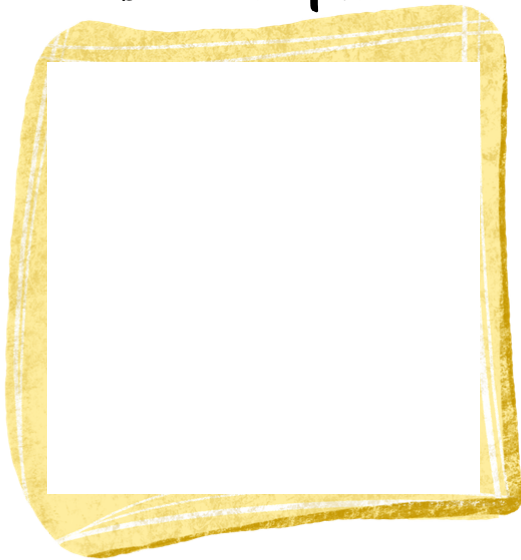
I think you're great at

day 3 "I see the GOOD in Others"

It's important to look for the good in others and be kind to each other despite differences.
Think of someone who made you upset or sad recently and complete this page.

Person's name _____

One UNIQUE thing
about this person



One thing we have in COMMON



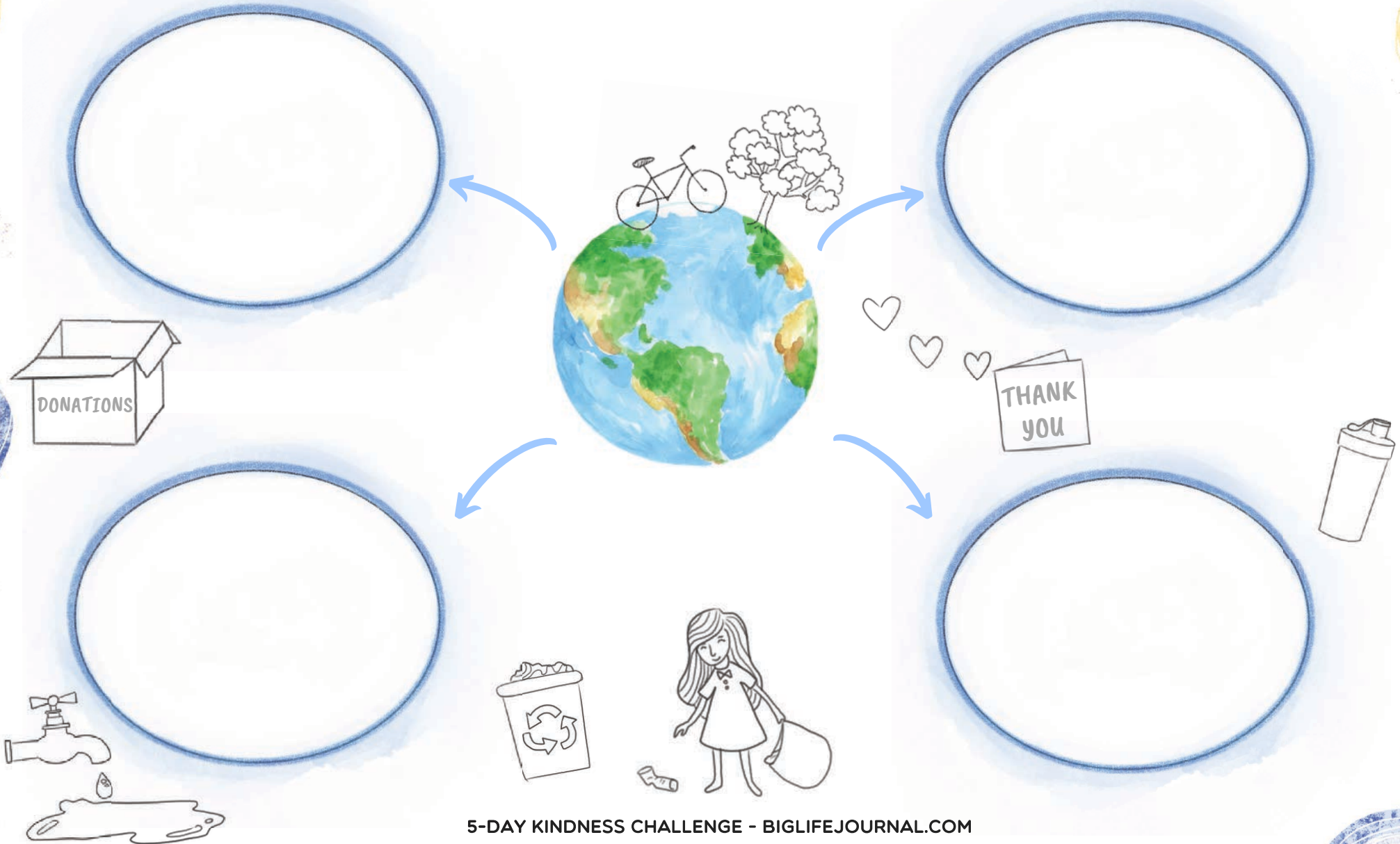
One thing I LIKE about this person



day
4

I'm Kind to the World

Write down 4 ideas how you can be kind to our planet and other people.





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