

KINDNESS CHALLENGE

Give up your swing  
to someone  
who is waiting.

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Smile and say  
"hello" to  
someone new.

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Pick up trash  
that you see  
on the ground.

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Invite someone  
playing alone to join  
your game.

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Thank your teacher  
for teaching you  
something new today.

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Compliment a  
classmate.

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Let someone go  
ahead of you down  
the slide.

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Ask your teacher  
how you can help  
them today.

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Open the door  
for someone.

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Help wipe down  
the tables after  
lunch.

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Be quiet and  
ready when the  
teacher starts  
class.

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Let someone  
borrow a pencil.

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Give out 5  
high-fives to 5  
different people.

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Say "please"  
and "thank you"  
as much as you can.

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Clean up, even  
if you didn't make  
the mess.

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Push in someone  
else's chair  
for them.

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Help someone  
carry their books.

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Write a note to a  
teacher or a friend &  
tell them why they  
are special.