

Kindness

CHALLENGE

2018

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| 1. Smile at 15 people | 2. Compliment 3 people or Kick off | 3. Make a new friend | 4. Donate to your favorite charity | 5. Say good morning to 15 people | 6. Give someone a gift (no matter how small) just because! or Lunch with Administration | 7. Carry your friend's books/equipment |
| 8. Hold the door open for a stranger | 9. Tell silly jokes to make someone laugh | 10. Call a faraway relative or friend to say hello | 11. Donate a book to the library or hospital or Feel/Be well for Lindsay Jones | 12. Pay for a stranger's coffee | 13. Tell a friend you are grateful for them or donate to the Humane Society for a puppy button! | 14. Say hello to people you walk past |
| 15. Do an extra chore | 16. Send an encouraging text or email to a friend | 17. Say something nice to your teacher | 18. support a GoFundMe page or Facing Difference Challenge | 19. Let someone go ahead of you in line | 20. Tell a family member you are grateful for them or Kindness Pledge Photo Booth in AC Lobby | 21. Eat with someone new at lunch |
| 22. Pick up litter you find on the street | 23. Give a hug to someone who really needs it | 24. Help make dinner or offer to buy dinner for a friend | 25. Donate some old clothes to your local Goodwill or Rock Paint for SPARCC and Orange Blossom | 26. Teach someone something new | 27. Spread the word about a small charity doing great work or Bags for Totes! | 28. Leave change in the vending machine |
| 29. Help someone unload groceries at the store | 30. Be kind to yourself! Do something that makes you happy WRAP UP* | | | | | |