WEEK 3

FEB 2021

ACT OF KINDNESS CHALLENGE

WEEK 1

Do an act of kindness for someone and ask them to pay it forward.

WEEK 2

Give at least 3 compliments out to other students in your class.

WEEK 3

Write a thank you letter to an essential worker.

WEEK 4

Drink a hot chocolate and watch your favorite movie. You matter!
ACT OF KINDNESS CHALLENGE

WEEK 1
Call and check on a friend or family member. Make a joke and share some laughs.

WEEK 2
Help a family member with a chore or task that isn't yours.

WEEK 3
Thank someone who has made a difference in your life.

WEEK 4
Make a change that helps you reduce energy consumption. Be kind to the planet.

WEEK 5
Practice self-kindness and spend 30 min doing something you love.
ACT OF KINDNESS CHALLENGE

WEEK 1
When you think of discouraging thoughts, tell yourself something positive instead.

WEEK 2
Send an inspirational quote to a friend. You got this!

WEEK 3
Paint a kind message on a rock and leave it for someone to find.

WEEK 4
Lead a sharing activity at a family dinner.

WEEK 5
Be inclusive. Make a new friend and invite them into your circle.
ACT OF KINDNESS CHALLENGE

WEEK 1
Be kind to the planet and yourself. Use a reusable water bottle.

WEEK 2
Recognize someone for their kindness. Let them know how much it means to you.

WEEK 3
Give out positive compliments all week. Let others know how amazing they are!

WEEK 4
Use sticky notes to leave encouraging messages for yourself. Stick them on a mirror.