

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!



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MAR

2021



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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.

APR

2021



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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

MAY

2021

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.



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