

A FUN KINDNESS
CHALLENGE TO

make kindness the norm.™

AT HOME & IN YOUR
NEIGHBORHOOD

FOR AGES 0-12



**THE
WORLD
NEEDS
MORE
PEOPLE
LIKE
YOU!**

You are an amazing person that sees opportunities to be kind everywhere you go; smiling at strangers, picking up trash in your neighborhood, helping out the adults in your life when they need you and lots of other kind acts you do every day. You are a true champion of kindness!

We are so excited for you to have fun while doing the ideas and activities in this book. Hopefully, completing this challenge will not only be fun for you, but will inspire others to explore the good in the world to help make kindness the norm!

Ready? Turn the page to see how this challenge works!

KINDNESS CHALLENGE

Your kindness challenge (if you choose to accept it) is to complete 10 acts of kindness during the next 10 days. Sounds simple at first, but you are probably already super busy with school, chores, sports and hanging out with friends, so doing an extra something on top of all that for 10 straight days is a good challenge we think—but one we know you can do.

On the next page and throughout this book, you'll see some fun acts of kindness you can do for others and yourself. You can choose to do the suggested ones each day or think up your own.

Use this section to keep track of your progress—for each act of kindness you do, color in a heart and make a note of which act you did and how you felt or how the other person reacted.

At the end of your 10 days, be sure to send a photo of this page to us so we can give you a shout-out to help inspire others to be kind.

**"HAVE COURAGE AND
BE KIND. WHERE THERE
IS KINDNESS THERE IS
GOODNESS, AND WHERE
THERE IS GOODNESS
THERE IS MAGIC."**

DISNEY'S CINDERELLA



Date

What did you do and how did it go?



ACTS OF KINDNESS

Here are some suggested acts of kindness you can do to complete this challenge. There's a mix of things you do for yourself (self-care) and things you can do for others. You can choose to do any of these for any day of your challenge or think up your own.

RESPECT

- Leave a nice note for the mail carrier
- Make a card for your favorite teacher
- Call your grandparents
- Write someone a letter the old-fashioned way, then mail it
- Hold the door open for someone
- Spend time in nature—check out our scavenger hunt
- Say 'thank you' to someone who made your meal possible

CARING

- Make a homemade card or gift for a friend
- Mail a postcard to a relative
- Hug your parent or caregiver for no reason
- Eat a healthy lunch or dinner
- Wash your hands
- Cover your mouth when you cough

INCLUSIVENESS

- Make sure everyone is included during playtime
- Share your toys
- Learn about a culture other than your own and discuss any questions you have with family and friends
- Draw a picture with your favorite art supplies and send it to someone in the mail.

INTEGRITY

- Say hello to three people today
- Create a time capsule with special memories and items to be opened at a way later date (like your high school graduation or quinceañera)
- Compliment five people or more
- Send a family photo to your grandparents (photography or hand drawn)

RESPONSIBILITY

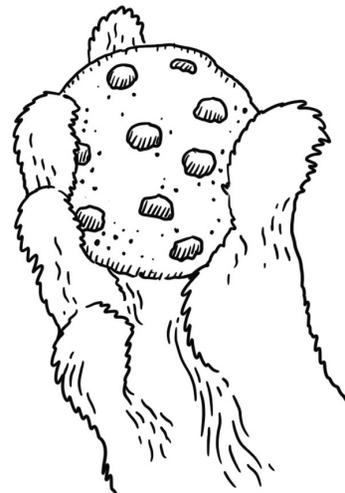
- Pick up litter (be safe and sanitary)
- Help out around the house without being asked
- Clean up after yourself
- Arrange a video visit with elderly relatives
- Write a letter to yourself at futureme.org

COURAGE

- Ask someone how they are, then really listen to their reply
- Tell a friend how much they mean to you
- Take a goofy picture with family...just for fun
- Smile at 10 people
- Write a list of things you love about someone, then give it to them
- Complete the 'what would you do if you knew you could not fail' writing prompt.

**"SOMETIMES ME THINK:
WHAT IS FRIEND?
AND THEN ME SAY:
A FRIEND IS SOMEONE
TO SHARE LAST
COOKIE WITH"**

COOKIE MONSTER





WRITE A LETTER TO AN ELDER

LOVE FOR OUR ELDERs is an organization that accepts hand-written cards & letters and delivers to elders in need across the globe.

For this activity, find your favorite pens, pencils, markers or crayons and use your creativity to decorate an envelope. You could even cut out fun images from magazines to make a collage. Make sure the mail carrier can still read the address!

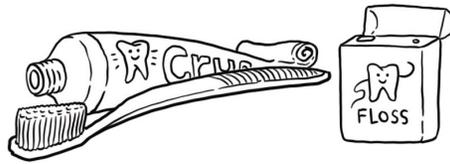
Visit LoveForOurElders.org to review their guidelines then write a letter and send it to them in the awesome envelope you made! You'll for sure make someone's day when they receive your heart-felt creation.



RESPECT WRITING PROMPT

WRITE DOWN OR DRAW THREE THINGS THAT YOU DO TO TAKE CARE OF YOURSELF EACH DAY.

Once you are done with your list, check it over to see if there is anything you could add to practice better self-care? Make a note of it here so you can try to include those things.



1

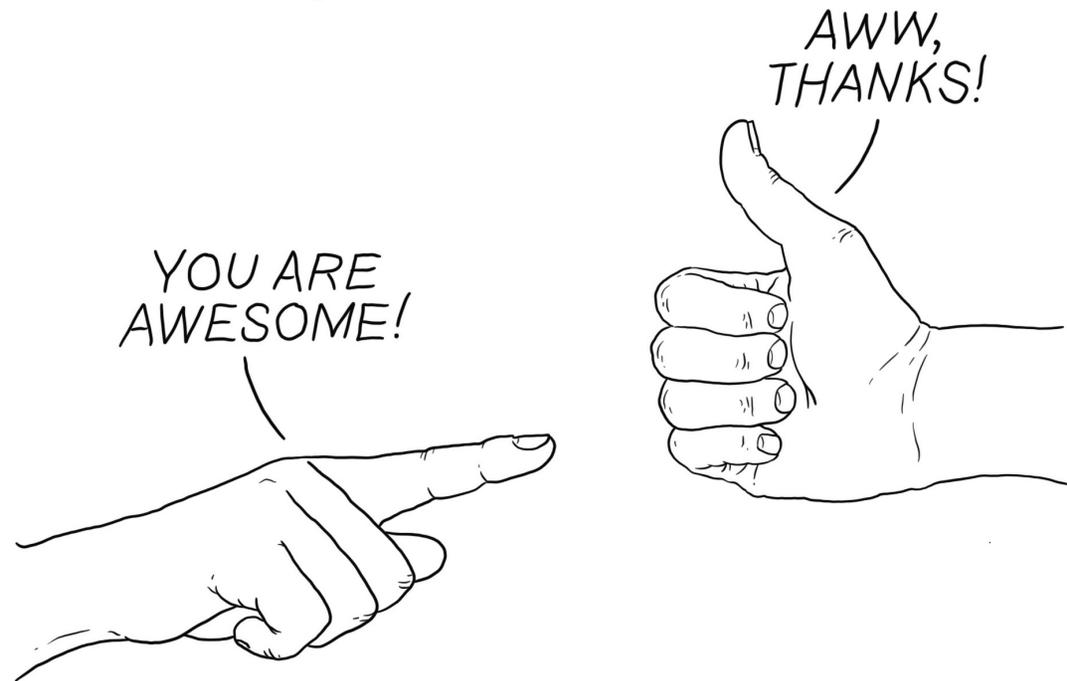
2

3

RESPECT QUOTE

BE SOMEBODY WHO MAKES EVERYBODY FEEL LIKE A SOMEBODY.

KID PRESIDENT





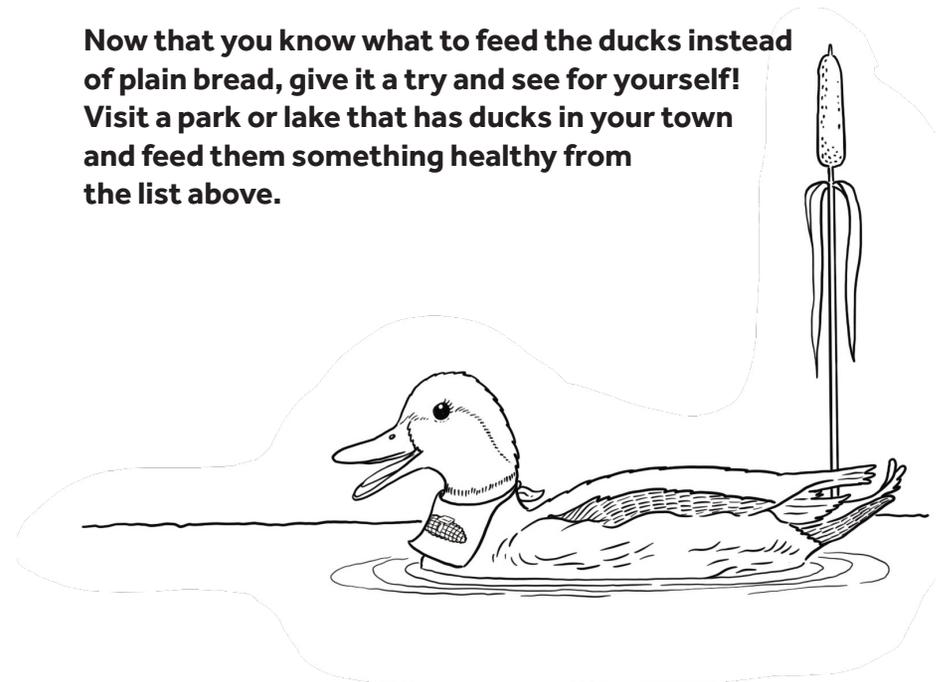
DON'T FEED THE DUCKS (THE WRONG STUFF)

Most people feed ducks plain bread when they go to the park. Even though ducks gobble it up, bread isn't great for them and can actually make them sick.

The reason for that is that bread doesn't contain the right nutrition or calories ducks need to survive. It can also make them think they are full which causes them to not eat the nutrition dense foods they would normally find on their own.

But don't worry, you can still feed the ducks if you choose the right thing to feed them. They love half cut seedless grapes, chopped pieces of lettuce, birdseed (they are birds after all), peas, corn, and even uncooked oats.

Now that you know what to feed the ducks instead of plain bread, give it a try and see for yourself! Visit a park or lake that has ducks in your town and feed them something healthy from the list above.



CARING WRITING PROMPT

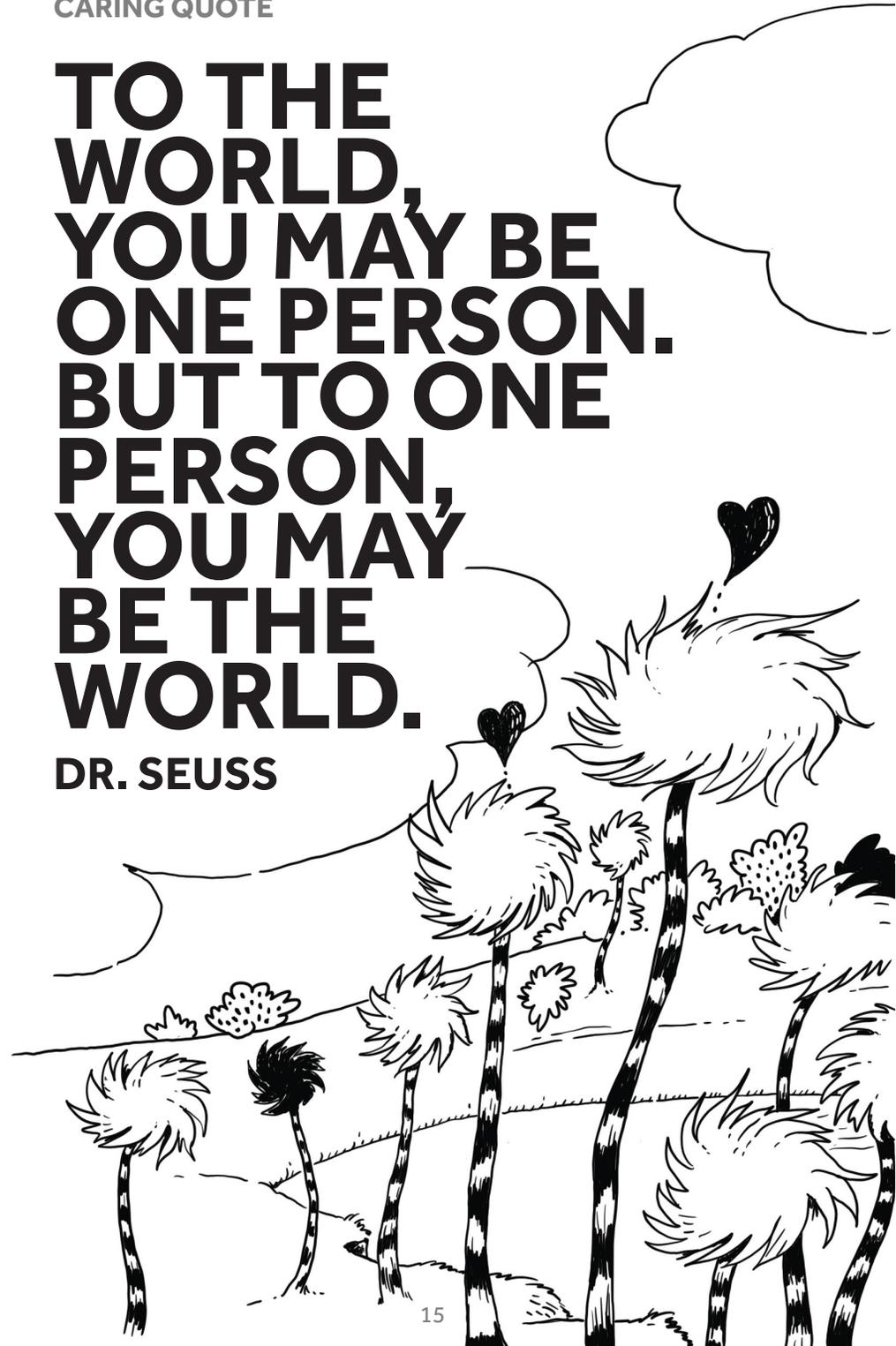
**HOW DO YOU CARE FOR THE
PEOPLE YOU LOVE?**

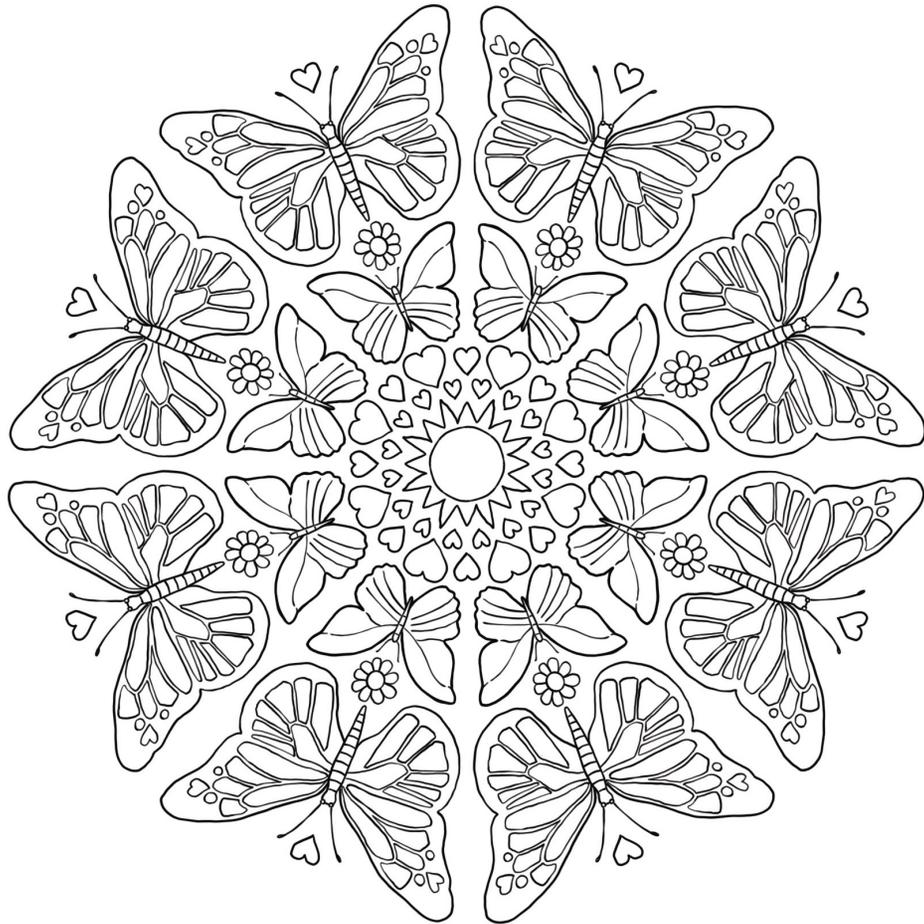
Use the space below to write (or draw) how you care for the loved ones in your life. When you are done, show it to each person on your list.

CARING QUOTE

**TO THE
WORLD,
YOU MAY BE
ONE PERSON.
BUT TO ONE
PERSON,
YOU MAY
BE THE
WORLD.**

DR. SEUSS





ADD A DASH OF KINDNESS

In the space below, write five normal things you do during the day. Then, next to each one, write the same task again but with an added dash of kindness.

For example, "Floss & brush teeth" might get transformed into "Think of five things I'm grateful for while flossing and brushing." This is an excellent exercise to think of ways to incorporate kindness (for others and yourself) into your daily routine.

REGULAR ACTIVITY	WITH AN ADDED DASH OF KINDNESS
1	
2	
3	
4	
5	



INCLUSIVENESS WRITING PROMPT

MAKING A NEW FRIEND

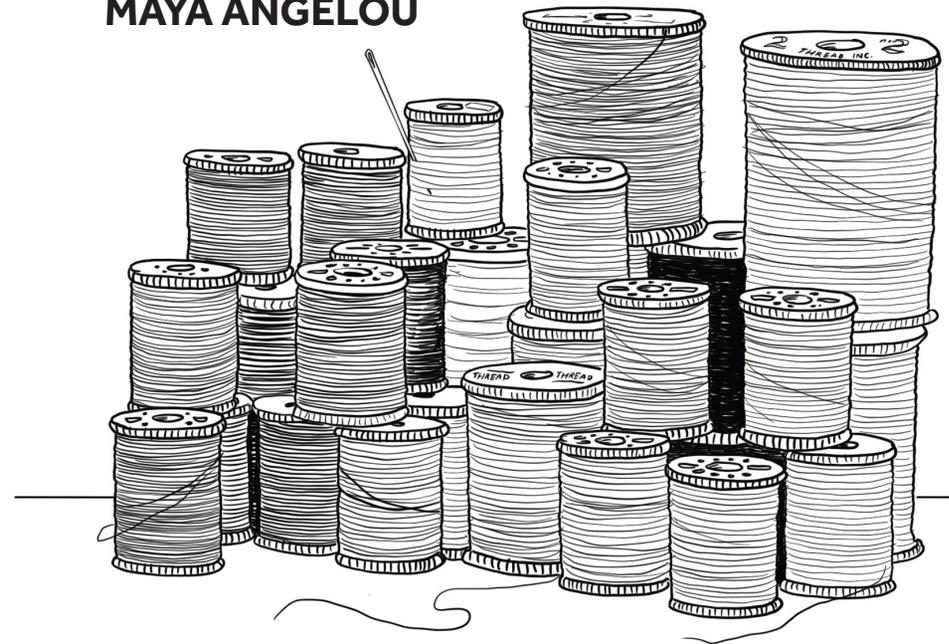
Imagine you are going to lunch at school and you see a new student sitting alone at a table. They are not in your class, but look like they are in your same grade. You decide to walk up to them and ask to sit by them. Use the space below to write what you could talk about to make them feel included. What questions could you ask them? What would you tell them about yourself to maybe find things you both have in common?



INCLUSIVENESS QUOTE

**WE ALL SHOULD KNOW
THAT DIVERSITY MAKES
FOR A RICH TAPESTRY, AND
WE MUST UNDERSTAND
THAT ALL THE THREADS
OF THE TAPESTRY
ARE EQUAL IN VALUE
NO MATTER WHAT
THEIR COLOR.**

MAYA ANGELOU

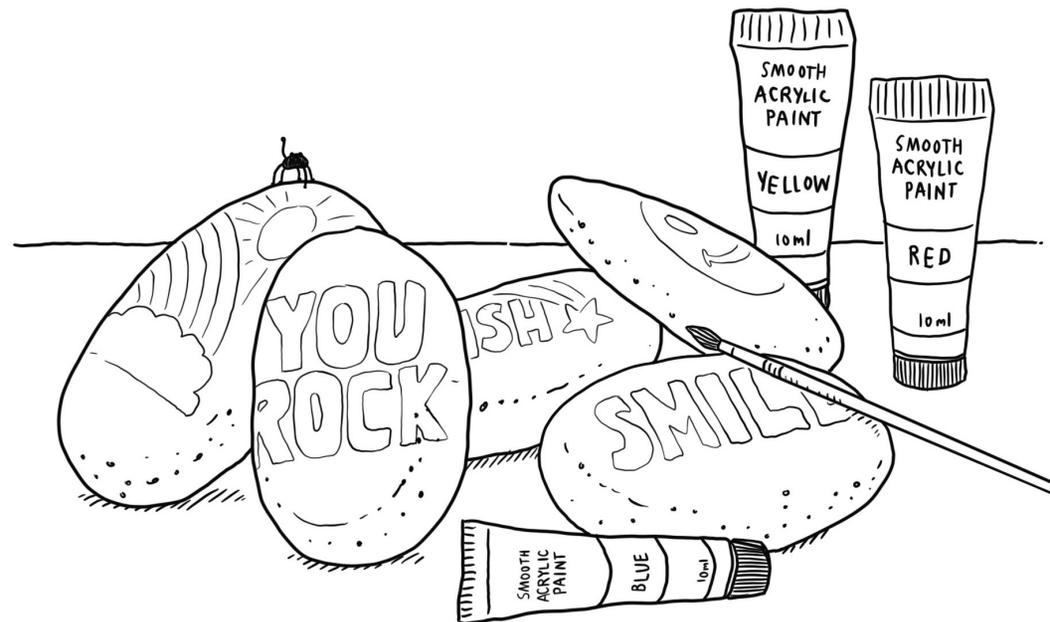




KINDNESS ROCKS

Decorate rocks with positive sayings or inspiring drawings (rainbows, happy faces, etc.) then place them in public places in your neighborhood for others to discover. A fun idea is to paint 'TURN ME OVER' on a rock with 'YOU ARE AWESOME' on the other side. Just imagine how happy someone will be to find your messages.

For this activity, you'll need to find some rocks you can paint. Smooth rocks work best, but you can use any texture or shape you want. You'll also need some acrylic paint or permanent marker and (maybe) the help of an adult. If you have some paint sealer, that can prolong the life of your painted messages.



INTEGRITY WRITING PROMPT

What are five things you are expected to do?
(Chores, schoolwork, etc.) List them below and rate
yourself on a scale of 1-5 in terms of how well you
follow through (even when no one is watching).

1

RATING ☆ ☆ ☆ ☆ ☆

2

RATING ☆ ☆ ☆ ☆ ☆

3

RATING ☆ ☆ ☆ ☆ ☆

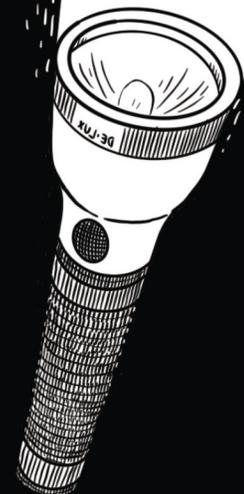
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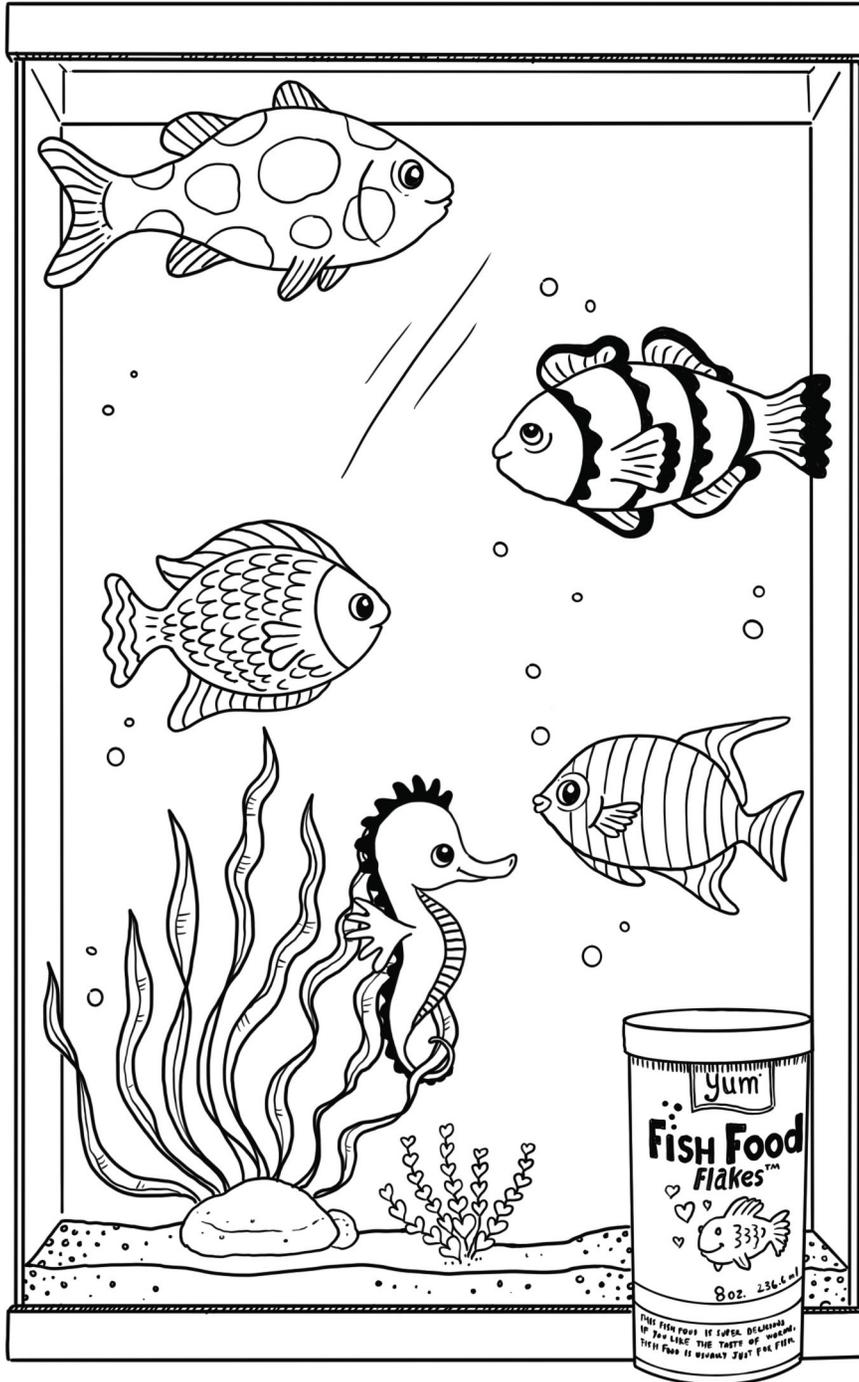
RATING ☆ ☆ ☆ ☆ ☆

5

RATING ☆ ☆ ☆ ☆ ☆

**INTEGRITY
IS DOING
THE RIGHT
THING
EVEN WHEN
NO ONE IS
WATCHING.
C.S. LEWIS**

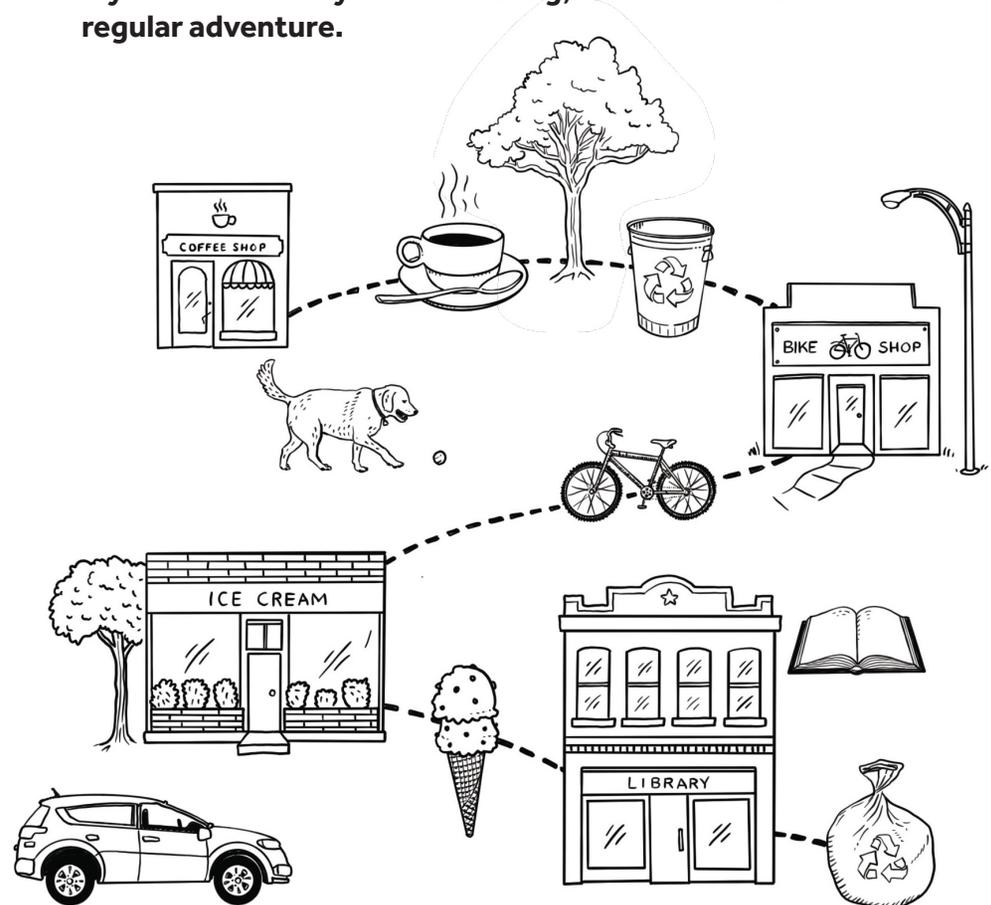




EXPLORE THE GOOD

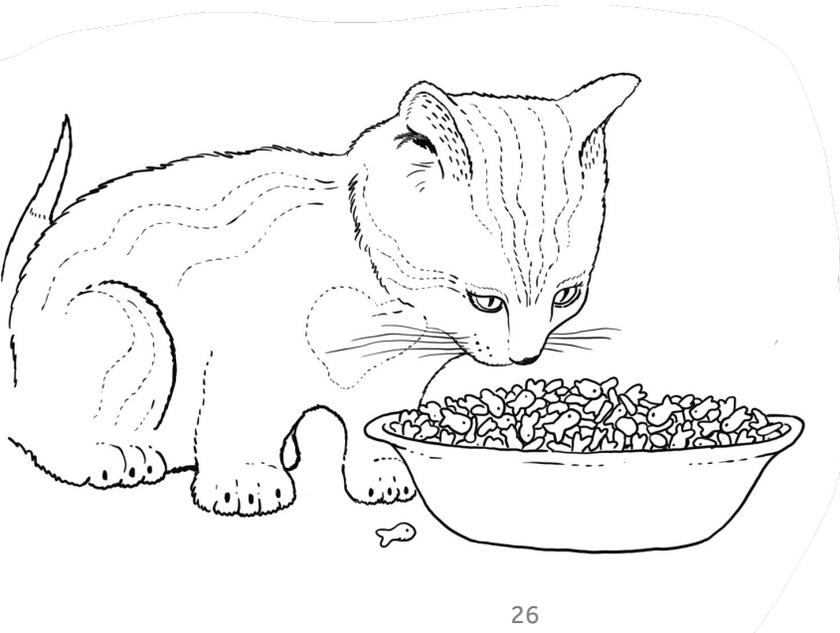
For this activity, set out on foot and explore your neighborhood with your parent or guardian. Pretend you are a tourist and this is your first time visiting your town. Go places you haven't been and look for things you've never noticed before. Do you smell anything interesting? What noises do you hear?

While you are out, put on some gloves and safely pick up any litter you might find and throw it away or recycle it. If you have fun on your first outing, be sure to make it a regular adventure.



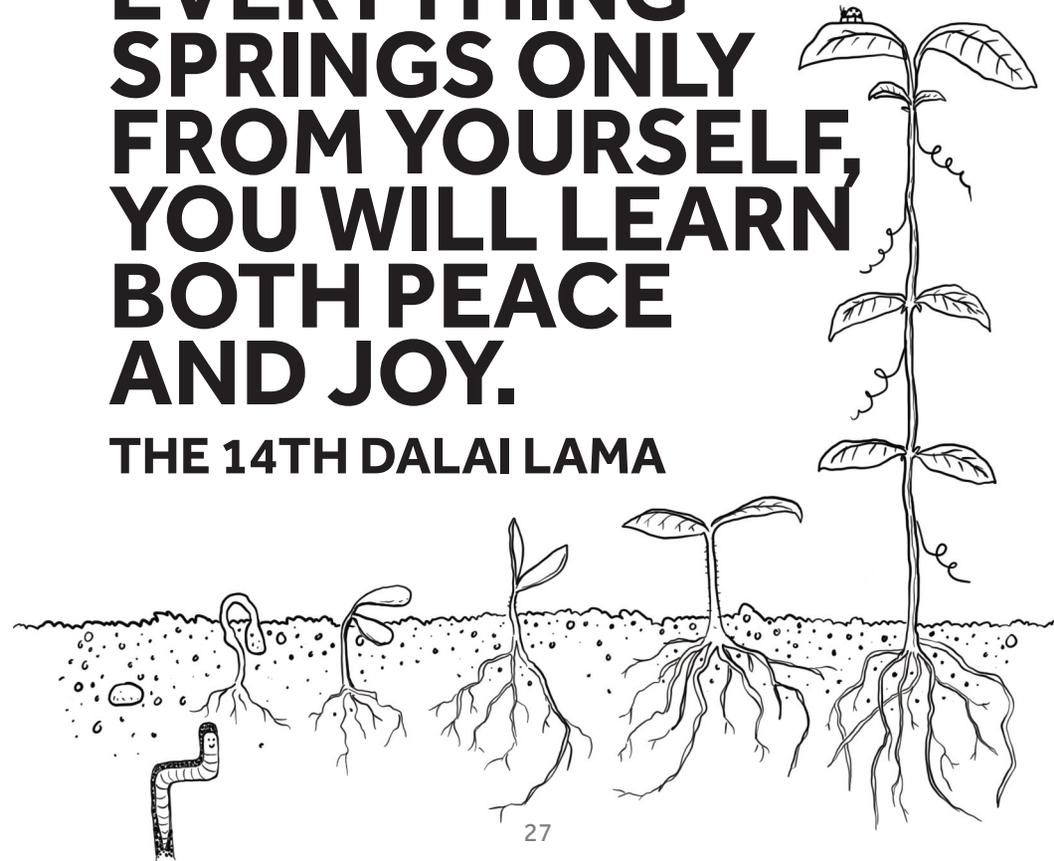
MY RESPONSIBILITIES

What responsibilities do you have right now? What do you think would happen if you stopped doing these things? In the space below, write or draw your answers.



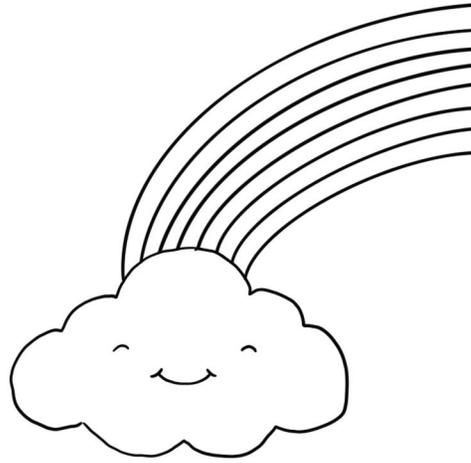
WHEN YOU THINK EVERYTHING IS SOMEONE ELSE'S FAULT, YOU WILL SUFFER A LOT. WHEN YOU REALIZE THAT EVERYTHING SPRINGS ONLY FROM YOURSELF, YOU WILL LEARN BOTH PEACE AND JOY.

THE 14TH DALAI LAMA



COURAGE COLORING PAGE

HAVE
COURAGE!



AND BE
KIND!



COURAGE ACTIVITY

KINDNESS SCAVENGER HUNT

Ready for some fun? Head outside and see if you can find all the items from the list below. When you spot them, do a quick drawing of each or write a little note about each one.

<p>A BIRD FLYING</p>	<p>A CLOUD THAT LOOKS LIKE AN ANIMAL</p>
<p>AN INSECT</p>	<p>THE PRETTIEST ROCK YOU CAN FIND</p>
<p>AN INTERESTING SMELL</p>	<p>A SPIDER'S WEB </p>
<p>SOMETHING GREEN</p>	<p>SOMETHING THAT STARTS WITH THE FIRST LETTER OF YOUR NAME</p>

COURAGE WRITING PROMPT

What would you try to do if you knew you could not fail?
What amazing, awesome, incredible, seemingly-impossible
thing would you do if you 100% knew you'd be able to do it?



COURAGE QUOTE

**WHEN WE CAN
TALK ABOUT OUR
FEELINGS, THEY
BECOME LESS
OVERWHELMING,
LESS UPSETTING,
AND LESS SCARY.**

MR. ROGERS



FINISHED? WELL, NICE JOB!

NOTES & DOODLES

Hey! Nice work completing the challenge! (We knew you could do it!) Now, keep going! You can find lots more kindness ideas on our website to try. We also have fun coloring pages, kindness calendars, posters and more on our website at: www.randomactsofkindness.org

Want even more inspiration? Scan this QR code to download a list of great books about kindness.





**make
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the norm.™**

**RANDOM ACTS OF KINDNESS
FOUNDATION®**

www.randomactsofkindness.org