




Summer Kindness Bucket List Challenge

This summer, let kindness be your compass.
Check off as many as you can—and invite someone to join you.
Every act is a spark. Together, we can make kindness the norm. 



Kindness to Others

- ☐ Compliment three people you don't know.
- ☐ Leave a kind note on someone's windshield or bike.
- ☐ Help a neighbor with yard work, groceries, or errands.
- ☐ Offer cold drinks to delivery drivers or postal workers.
- ☐ Pick up litter at a park, trail, or beach.
- ☐ Write a thank-you card to someone who quietly makes life better. (custodian, bus driver, teacher, etc.)



Kindness to Your Community

- ☐ Donate summer clothes or school supplies.
- ☐ Visit a local library and leave a positive note in a book.
- ☐ Support a small or minority-owned business.
- ☐ Share a free community resource online.
- ☐ Leave chalk art messages around your neighborhood.
- ☐ Organize a "kindness scavenger hunt" with friends or family.



Kindness to the Planet

- ☐ Plant flowers for pollinators.
- ☐ Start a water bowl station for pets and wildlife.
- ☐ Walk or bike instead of driving when you can.
- ☐ Reuse something instead of tossing it.
- ☐ Bring your own bag, bottle, or container.
- ☐ Host a "no waste" picnic.



Kindness to Yourself

- ☐ Spend 30 screen-free minutes doing something creative.
- ☐ Write a love letter... to yourself.
- ☐ Try one new activity that scares or excites you.
- ☐ Say no to something that doesn't serve your joy.
- ☐ Create a playlist that makes you feel unstoppable.
- ☐ Go outside just to watch the sunset or count stars.



Bonus Round: Inclusive Kindness

- ☐ Learn to say "hello" in five languages.
- ☐ Ask someone about a tradition that's different from yours.
- ☐ Invite someone new to join your group, game, or table.
- ☐ Read or listen to a story from a perspective you've never considered.
- ☐ Make space for someone else to shine.



At the end of summer, ask yourself:

What act of kindness felt the most meaningful?

What surprised you?

How will you carry kindness into fall and beyond?

**make
kindness
the norm.** 

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Don't forget to tag us in your
summer kindness adventures!
#MakeKindnessTheNorm

