


The School Edition Kindness Checklist

For Grades 2-12




The Great Kindness Challenge
SCHOOL EDITION

Your Kindness Matters!
We challenge you to complete as many acts of kindness as you can in one week. Have fun!

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Kind Acts

<input type="checkbox"/> Smile at 25 people.	<input type="checkbox"/> Sit with a new group of kids at lunch.
<input type="checkbox"/> Surprise a friend with a nice note.	<input type="checkbox"/> Read a book to a younger child.
<input type="checkbox"/> Compliment 5 people.	<input type="checkbox"/> Give an apple or a note to thank your teacher.
<input type="checkbox"/> Pick up 10 pieces of trash on campus.	<input type="checkbox"/> Step up for someone in need.
<input type="checkbox"/> Make a new friend.	<input type="checkbox"/> Make and display a "KINDNESS MATTERS" sign.
<input type="checkbox"/> Tell a joke and make someone laugh.	<input type="checkbox"/> Carry your friend's books.
<input type="checkbox"/> Be kind to yourself and eat a healthy snack.	<input type="checkbox"/> Help your PE teacher with the equipment.
<input type="checkbox"/> Learn something new about your teacher.	<input type="checkbox"/> Make a bookmark for a friend.
<input type="checkbox"/> Draw a picture and give it to someone.	<input type="checkbox"/> Hold the door open for someone.
<input type="checkbox"/> Help a younger student.	<input type="checkbox"/> Pat yourself on the back.
<input type="checkbox"/> Give a KIND handshake to greet a classmate.	<input type="checkbox"/> Thank a bus driver or carpool driver.
<input type="checkbox"/> Recycle your trash.	<input type="checkbox"/> Write a thank you on a bandage for the nurse.
<input type="checkbox"/> Hug your friend.	<input type="checkbox"/> Listen to your teacher the first time.
<input type="checkbox"/> Pick up trash outside your school.	<input type="checkbox"/> Whisper "thank you" to the librarian.
<input type="checkbox"/> Cut out 10 hearts & give them to friends.	<input type="checkbox"/> Help someone up if they fall down.
<input type="checkbox"/> Entertain someone with a happy dance.	<input type="checkbox"/> Lend a pencil to a friend.
<input type="checkbox"/> Make a kind poster for cafeteria helpers.	<input type="checkbox"/> Learn to say "hello" in a new language.
<input type="checkbox"/> Show appreciation to a counselor or mentor.	<input type="checkbox"/> Bring a flower to the office staff.
<input type="checkbox"/> Say "good morning" to 15 people.	<input type="checkbox"/> Show appreciation to your principal creatively.
<input type="checkbox"/> Design a thank you for the PTA/PTO.	<input type="checkbox"/> Help your teacher with a needed task.
<input type="checkbox"/> Make a wish for a child in another country.	<input type="checkbox"/> Be on time for school.
<input type="checkbox"/> Say "thank you" to a crossing guard.	<input type="checkbox"/> Say "thank you" to a volunteer.
<input type="checkbox"/> Invite a new friend to play/hang out with you.	<input type="checkbox"/> Give your friend a high five.
<input type="checkbox"/> Send a thank you to your superintendent.	<input type="checkbox"/> Make a friendship gift for someone new to you.
<input type="checkbox"/> Offer to help your custodian.	<input type="checkbox"/> Create your own kind deed.



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(Your Name Here)



FREE APP!

The Junior Edition Checklist

For Grades PreK-2



The Great Kindness Challenge
JUNIOR EDITION

Kindness Matters.
Complete as many acts of kindness as you can.
Have fun!

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Acts of Kindness

<input type="checkbox"/> Invite a new friend to play. 	<input type="checkbox"/> Smile at 25 people. 	<input type="checkbox"/> Make a wish for a child in another country. 
<input type="checkbox"/> Give your friend a High Five. 	<input type="checkbox"/> Compliment 5 people. 	<input type="checkbox"/> Be kind to yourself and eat a healthy snack. 
<input type="checkbox"/> Decorate 5 hearts and give them to friends. 	<input type="checkbox"/> Entertain someone with a happy dance. 	<input type="checkbox"/> Lend a pencil to a friend. 
<input type="checkbox"/> Help someone up if they fall down. 	<input type="checkbox"/> Thank someone who has helped you. 	<input type="checkbox"/> Create your own kind deed. 



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Your Name Here

The Classroom Edition Checklist

For Grades 1-8



The Great Kindness Challenge
CLASSROOM EDITION

Your Kindness Matters
We challenge you to complete as many acts of kindness as you can.
Have fun and smile big knowing that you are making a difference at your school and beyond!

Kind Acts

<input type="checkbox"/> Smile at 25 people.	<input type="checkbox"/> Say "good morning" to 15 people.
<input type="checkbox"/> Slip a nice note in your friend's backpack.	<input type="checkbox"/> Make & display an uplifting message around your school.
<input type="checkbox"/> Sincerely compliment 5 people.	<input type="checkbox"/> Read a book to a younger child.
<input type="checkbox"/> Pick up 10 pieces of trash on campus.	<input type="checkbox"/> Step up for someone in need.
<input type="checkbox"/> Be kind to yourself & eat a healthy snack.	<input type="checkbox"/> Make & display a KINDNESS MATTERS sign.
<input type="checkbox"/> Learn something new about your teacher.	<input type="checkbox"/> Say "hi" or cheer someone up who looks sad.
<input type="checkbox"/> Tell a joke and make someone laugh.	<input type="checkbox"/> Decorate a kindness rock & randomly place it.
<input type="checkbox"/> Be kind to yourself & create an I Am poster.	<input type="checkbox"/> Hold the door open for someone.
<input type="checkbox"/> Draw a picture & give it to someone.	<input type="checkbox"/> Pat yourself on the back.
<input type="checkbox"/> Be kind to yourself & take a Breather Break.	<input type="checkbox"/> Learn to say "hello" in a new language.
<input type="checkbox"/> Cut out 10 hearts & give them to friends.	<input type="checkbox"/> Show appreciation to your principal creatively.
<input type="checkbox"/> Entertain someone with a happy dance.	<input type="checkbox"/> Offer to help your custodian.
<input type="checkbox"/> Be kind to yourself & do 10 one-minute exercises.	<input type="checkbox"/> Make a friendship gift for someone new to you.
<input type="checkbox"/> List 10 things you are grateful for.	<input type="checkbox"/> Sit with a new group of kids at lunch.
<input type="checkbox"/> Make & send a happy card to a senior friend.	<input type="checkbox"/> Go a whole day without complaining & use only positive words for the entire day.
<input type="checkbox"/> Show appreciation to a counselor or mentor.	<input type="checkbox"/> Find something you have in common with a classmate.
<input type="checkbox"/> Make a wish for a child in another country.	<input type="checkbox"/> Tell a current or past teacher how they've inspired you.
<input type="checkbox"/> Send a Thank You to your superintendent.	<input type="checkbox"/> Say "sorry" to someone you may have hurt.
<input type="checkbox"/> Learn something new about a different culture.	<input type="checkbox"/> Make a bookmark for a friend.
<input type="checkbox"/> Give a KIND handshake to greet a classmate.	<input type="checkbox"/> Bring a flower to the office staff.
<input type="checkbox"/> Recycle your trash.	<input type="checkbox"/> Say "thank you" to a volunteer.
<input type="checkbox"/> Help a younger student.	<input type="checkbox"/> Create a kind surprise for another class.
<input type="checkbox"/> Invite a new friend to play/hang out with you.	<input type="checkbox"/> Take a walk and connect with nature.
<input type="checkbox"/> Make a kind poster for cafeteria helpers.	<input type="checkbox"/> Raise funds for a cause you care about.
<input type="checkbox"/> Donate toys, clothes or food to a charity or someone in need.	<input type="checkbox"/> Create your own kind act.



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(Your Name Here)

