

## The School Edition Kindness Checklist For Grades 2-12



**Your Kindness Matters!**  
We challenge you to complete as many acts of kindness as you can in one week. Have fun and smile big knowing that you are changing the world for good!

### Kind Acts

- Smile at 25 people.
- Surprise a friend with a nice note.
- Compliment 5 people.
- Pick up 10 pieces of trash on campus.
- Make a new friend.
- Tell a joke and make someone laugh.
- Be kind to yourself and eat a healthy snack.
- Learn something new about your teacher.
- Draw a picture and give it to someone.
- Help a younger student.
- Give a KIND handshake to greet a classmate.
- Recycle your trash.
- Hug your friend.
- Pick up trash outside your school.
- Cut out 10 hearts & give them to friends.
- Entertain someone with a happy dance.
- Make a kind poster for cafeteria helpers.
- Show appreciation to a counselor or mentor.
- Say "good morning" to 15 people.
- Design a thank you for the PTA/PTO.
- Make a wish for a child in another country.
- Say "thank you" to a crossing guard.
- Invite a new friend to play/hang out with you.
- Send a thank you to your superintendent.
- Offer to help your custodian.

**#GreatKindnessChallenge**  
GreatKindnessChallenge.org ▼ KidsforPeaceGlobal.org  
FREE APP!  


(Your Name Here)

## The Junior Edition Checklist For Grades PreK-2



### 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.
		

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

Your Name Here

## The Classroom Edition Checklist For Grades 1-8



**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

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

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(Your Name Here)

