Kids' Kindness Challenge

Kindness is a family affair. Bond as a family, have fun and learn how gratifying it is to be kind. Here are some ideas about how to teach your kids to spread kindness in their lives. Once you have completed an act of kindness, either check off the corresponding box, or write down those you thought of yourself.

Help clean or put away the dishes.	Pick up litter in your neighborhood or at school.	Ask a friend if you can give them a hug.	Ask an elderly neighbor if they need help.	Send a card to a service member.
Tell a joke to bring cheer to someone's day.	Open the door for someone.	Ask for donations to a charity instead of birthday gifts.	Do a chore for someone without them knowing.	Let someone go ahead of you in line.
Draw a picture or write a letter to a friend.	Help make lunch or dinner.	Create your own act of kindness.	Draw a picture or write a note to a teacher.	Bring supplies to a local pet shelter.
Return someone's carriage at the store.	Put a small bin in the car to collect recycling.	Clean out or wash someone's car.	Bring in a healthy snack to share with classmates.	Help set the table for dinner.
Leave a bottle of bubbles on someone's doorstep.	Pass out stickers to kids waiting in line.	Donate lightly used toys to your doctor's office or a shelter.	Write happy messages on the sidewalk in chalk.	Take treats to the police or fire station.
Tell someone how much you love them.	Wave at kids on the school bus.	Bring in a neighbor's trash or recycling bins.	Leave kindness stones at the park.	Collect books for your school or library.

List your own ideas for acts of kindness:

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