

Kindness Challenge

*"Life's most persistent and urgent question is,
What are you doing for others?"*
~Martin Luther King, Jr.~

In an effort to create a culture of kindness, our school, along with hundreds of other schools across the nation will be participating in a Kindness Challenge during the month of February.

This month will be devoted to doing as many acts of kindness as possible in and out of school. The purpose of this month is to foster an environment that values the importance of being kind all year round. Studies have shown that promoting kindness among youth promotes self-confidence, positivity, and increased happiness.

For the month, students will receive an age appropriate parent signed check list. Please see the attached grade level check list. Checklists will need to be turned into the student's homeroom teacher during the month of February and the student will earn a kindness reward.

Look for information to come about our Town Hall Event on March 2nd to see how families can advance kindness in the community.

We look forward to an exciting month and most importantly your child's participation in The Kindness Challenge.



















#KindnessMatters

Acts of Kindness Checklist



(Grades K/1) Color or write an "x" on each box after you complete each act of kindness.
The Kindness Challenge is to complete all 16 items on Acts of Kindness checklist.

Share with a parent/guardian what acts of kindness you carried out for others. Bring a signed copy to your homeroom teacher to receive a small prize.

 <p>Throw away someone's trash.</p>	 <p>Tell a friend why you like them.</p>	 <p>Offer to help cook dinner or bring in the groceries.</p>	 <p>Smile at 10 people</p>
 <p>Let someone go first in line .</p>	 <p>Help someone who doesn't understand how to do something</p>	 <p>Tell the lunch staff why you appreciate them.</p>	 <p>Surprise someone with a homemade gift.</p>
 <p>Compliment 5 people.</p>	 <p>Make a card for someone. .</p>	 <p>Help someone clean up</p>	 <p>Cut out 10 hearts and give them out to 10 different people.</p>
 <p>Learn two new things about a friend.</p>	 <p>Do a chore without being asked.</p>	 <p>Ask someone new to play with you at recess</p>	 <p>Say I love you to a family member.</p>

Parent/Guardian Signature:

Putting Kindness Into Action! (Grades 2/3)

Let's work together to make a
POSITIVE difference at our school!

The Kindness Challenge is to
complete all 16 squares of **BE A
FRIEND BINGO**. Put an X in each
square after completing the activity
listed.

Share with a parent/guardian what
acts of kindness you carried out for
others. Bring this signed copy to
your homeroom teacher to receive
a small prize. Thanks for helping
make our school GREAT!

Parent/Guardian Signature:



Be a Friend Bingo



Invite
someone
to join an
activity at
recess

Do an
act of
kindness
for your
teacher

Pick up 10
pieces of
garbage in
the lunch
room

Be the
first to
say "I'm
Sorry"

Show an act
of kindness
to someone
you don't
know well

Spend
recess
making a
new
friend

Sit by
someone
you don't
know well

Write a
positive
note to a
school staff
member

Work out a
problem with
a friend in a
positive
manner

Give
support to
someone
who needs
it

Be the first
to forgive
someone

Give 3
classmates a
compliment

Cheer up
someone you
notice seems
sad

Do a secret
act of
kindness for
someone

Come up
with your
own act of
kindness

Complete 3
secret
acts of
kindness

4th and 5th grade Acts of Kindness Checklist

We challenge you to complete as many acts of Kindness as you can! If you complete at least 20 acts of kindness and share with a parent/guardian what acts of kindness you carried out for others. Bring this signed copy to your homeroom teacher to receive a small prize.

<input type="checkbox"/> Call a relative you haven't spoken to in a while just to say hello.	<input type="checkbox"/> Volunteer to help someone in your community.
<input type="checkbox"/> Offer to help your parent or another adult without being asked.	<input type="checkbox"/> Offer for someone to go first.
<input type="checkbox"/> Cut out 10 hearts and give them away to 10 different people.	<input type="checkbox"/> Clean up after yourself without being asked.
<input type="checkbox"/> Make a card for a teacher or staff member.	<input type="checkbox"/> Do a chore without being asked.
<input type="checkbox"/> Apologize to someone you hurt.	<input type="checkbox"/> Smile at 10 people.
<input type="checkbox"/> Give 5 people a sincere compliment.	<input type="checkbox"/> Teach someone how to do something new.
<input type="checkbox"/> Pick up trash around your neighborhood.	<input type="checkbox"/> Donate a book, toy, or article of clothing to someone in need.
<input type="checkbox"/> Introduce yourself to one of your neighbors.	<input type="checkbox"/> Thank someone for being kind to you.
<input type="checkbox"/> Invite a new friend to come over to your house to have a play date or hang out.	<input type="checkbox"/> Ask someone that you don't normally sit with to sit by you at lunch.
<input type="checkbox"/> Tell a joke to make someone laugh.	<input type="checkbox"/> Do a chore without being asked.
<input type="checkbox"/> Learn something new about your teacher.	<input type="checkbox"/> Leave happy notes around town.
<input type="checkbox"/> Say good morning to 10 people.	<input type="checkbox"/> Write a kindness message to hang in your room.
<input type="checkbox"/> Give yourself 5 sincere compliments.	<input type="checkbox"/> Give someone a kindness quote.
<input type="checkbox"/> create your own kind deed: _____	<input type="checkbox"/> Offer to help with dinner.

Parent/Guardian Signature: _____



Middle School Check List- We challenge you to complete as many acts of Kindness as you can! If you complete at least 25 acts with a parent signature, you can turn your check list into your homeroom teacher for a small prize. **Parent/Guardian Signature:**

THE CHALLENGES

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|--|--|
| <input type="checkbox"/> Smile at 25 people | <input type="checkbox"/> Sit with a new group of kids at lunch |
| <input type="checkbox"/> Slip a nice note in your friend's backpack | <input type="checkbox"/> Read a book to a younger child |
| <input type="checkbox"/> Compliment 5 people | <input type="checkbox"/> Give an apple or note to your Teacher |
| <input type="checkbox"/> Pick up 10 pieces of trash inside school | <input type="checkbox"/> Step up for someone in need |
| <input type="checkbox"/> Make a new friend | <input type="checkbox"/> Make & 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 & 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 & 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 handshake to greet a classmate | <input type="checkbox"/> Thank a Bus Driver or Car Pool Driver |
| <input type="checkbox"/> Recycle your trash | <input type="checkbox"/> Write a "Thank You" on a Band-Aid 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 the cafeteria | <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 PTSA | <input type="checkbox"/> Help you 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 school Custodian | <input type="checkbox"/> Create your own kind deed |