

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.



#Kindness Matters

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:



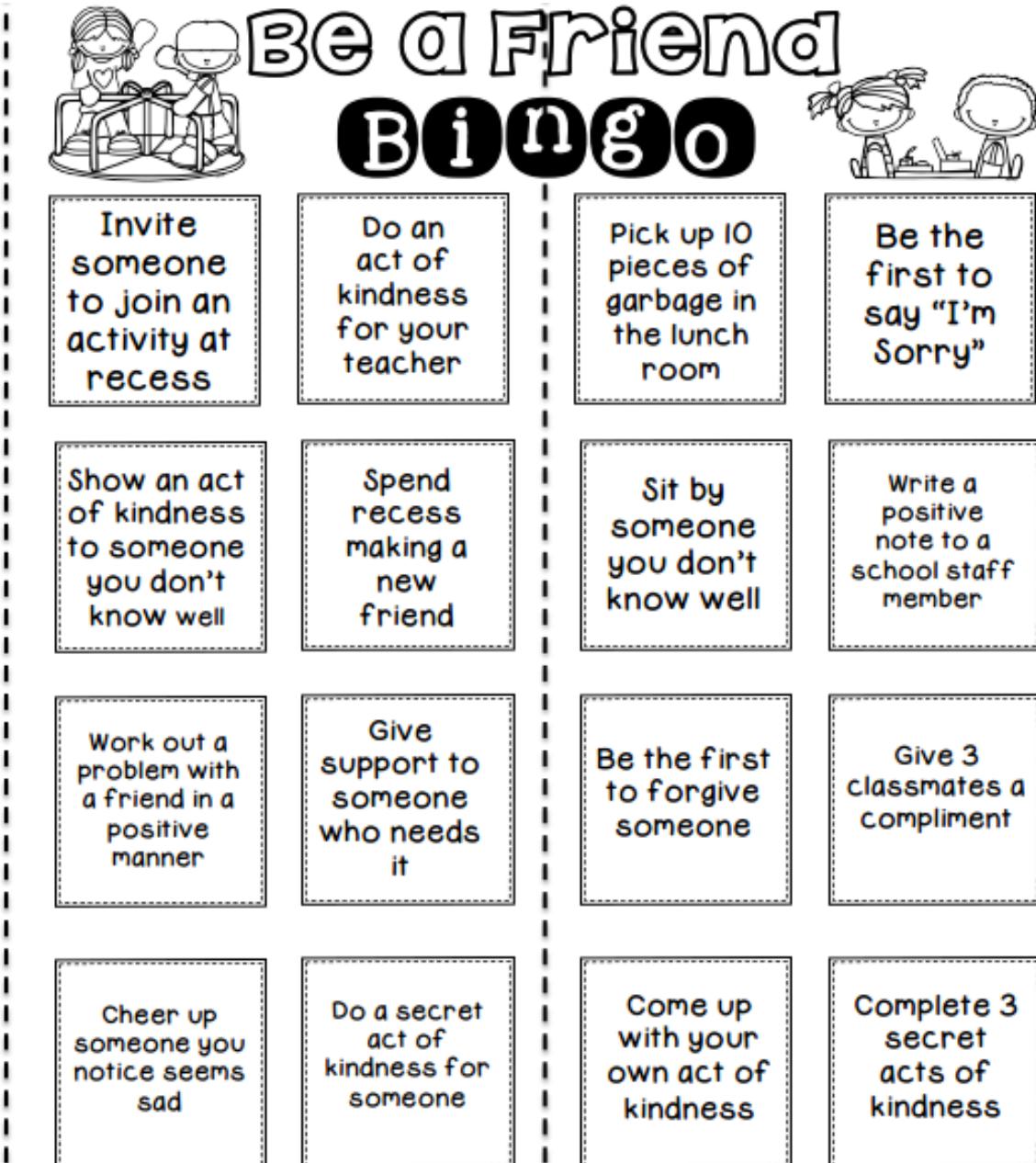
Putting Kindness Into Action! (Grades 2/3)

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:



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: <hr/> <hr/>	<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

- Smile at 25 people
- Slip a nice note in your friend's backpack
- Compliment 5 people
- Pick up 10 pieces of trash inside school
- Make a new friend
- Tell a joke and make someone laugh
- Be kind to yourself & eat a healthy snack
- Learn something new about your teacher
- Draw a picture & give it to someone
- Help a younger student
- Give a 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 the cafeteria
- Show appreciation to a Counselor or Mentor
- Say "Good Morning" to 15 people
- Design a "Thank You" for the PTSA
- 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 school Custodian
- Sit with a new group of kids at lunch
- Read a book to a younger child
- Give an apple or note to your Teacher
- Step up for someone in need
- Make & display a "Kindness Matters" sign
- Carry your friend's books
- Help your PE Teacher with the equipment
- Make a bookmark for a friend
- Hold the door open for someone
- Pat yourself on the back
- Thank a Bus Driver or Car Pool Driver
- Write a "Thank You" on a Band-Aid for the Nurse
- Listen to your Teacher the first time
- Whisper thank you to the Librarian
- Help someone up if they fall down
- Lend a pencil to a friend
- Learn to say "Hello" in a new language
- Bring a flower to the Office Staff
- Show appreciation to your Principal creatively
- Help your Teacher with a needed task
- Be on time for school
- Say "Thank You" to a Volunteer
- Give your friend a high five
- Make a friendship gift for someone new to you
- Create your own kind deed