

# 30 DAY KINDNESS CHALLENGE

DAY 1 Feed the birds	DAY 2 Donate cans of food to the food bank	DAY 3 Hug your family members	DAY 4 Make up your own act of kindness!	DAY 5 Pick up litter around your neighborhood	DAY 6 Write a letter to a friend
DAY 7 Draw a picture and send it to someone special	DAY 8 Help your parents prepare a meal	DAY 9 Call someone who lives in a different state to say hello	DAY 10 Write a thank you note to a teacher	DAY 11 Help fold laundry	DAY 12 Make up your own act of kindness!
DAY 13 Help someone before they ask	DAY 14 Say thank you all day long	DAY 15 Make up your own act of kindness!	DAY 16 Make a pretty bookmark for someone	DAY 17 Send a card to a soldier	DAY 18 Make someone else's bed
DAY 19 Make up your own act of kindness!	DAY 20 Use only positive words all day long	DAY 21 Set the table and say a blessing before each meal	DAY 22 Say something nice to every person you see today	DAY 23 Call someone who lives in a different state to say hello	DAY 24 Let someone else go first all day long
DAY 25 Tell a loved one how special they are to you	DAY 26 Write a thank you note or picture for your principal	DAY 27 Make someone laugh	DAY 28 Make up your own act of kindness!	DAY 29 Be kind to yourself!	DAY 30 Paint messages on rocks and leave them around your neighborhood