

# 30 DAY KINDNESS CHALLENGE

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