

Rivera Middle School



Random Acts of Kindness Challenge

Suggested activities for the week...

- ☐ Smile at 25 different people
- ☐ Slip a nice note in your friend's backpack
- ☐ Compliment 5 different people
- ☐ Pick up 10 pieces of trash on campus/class
- ☐ Make a new friend
- ☐ Tell a joke and make someone laugh (at appropriate time)
- ☐ Be kind to yourself and eat a healthy snack
- ☐ Learn something new about your teacher
- ☐ Draw a nice picture and give it to someone
- ☐ Help a younger student
- ☐ Pick up your trash
- ☐ Cut out hearts and give them to friends
- ☐ Eat lunch with someone new
- ☐ Say good morning to 15 different people
- ☐ Say thank you to the crossing guard and the lunch ladies
- ☐ Invite a new friend to play /hang out with you at lunch or Think Together
- ☐ Offer help to the custodian or an SSO
- ☐ Send a Thank You card to your teacher/coach
- ☐ Do not be disruptive in class for an entire day
- ☐ Bring enough snacks to share with friends at lunch
- ☐ Sit with a new group of kids at lunch
- ☐ Read a book to a younger child
- ☐ Bring an apple/treat for your teacher
- ☐ Volunteer to carry a friend's backpack
- ☐ Open the door for someone
- ☐ Listen to directions the first time
- ☐ Volunteer to help an adult without being asked
- ☐ Help someone up if they fall down
- ☐ Lend a pencil or a pen to a friend
- ☐ Learn to say good morning in another language
- ☐ Bring a flower to a school adult
- ☐ Show appreciation to your school principal
- ☐ Be on time for school
- ☐ Be on time for class
- ☐ Say thank you to your parent for something you usually just expect
- ☐ Give a compliment to 5 people that are not in your usual group of friends.
- ☐ Compliment or thank our librarian
- ☐ Do not complain for an entire day.