


TAKE THE KINDNESS CHALLENGE!

BE
BRAVE

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- Support a friend by cheering them on
 - Show you care by helping out
 - Send a handwritten Thank You note
 - Ask someone about their day
 - Take time to call an old friend
 - Remember to say thank you
 - Chat with someone new
 - Make someone laugh with a good joke
 - Offer to help someone
 - Tell someone you appreciate them
 - Stand up for someone
 - Give someone a compliment
 - Leave an encouraging note for someone
 - Snack with a new friend
 - Ask someone how they're feeling
 - Tell someone you are grateful for them
 - Make someone smile
 - Sign up to volunteer



KINDNESS TRACKER

Write down every act of kindness you perform over the next 7 days. Remember, no act is too small to document. How many acts can you do?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____