



STUDENT EDITION

Remember... These are just ideas. Feel free to be creative and note other completed acts of kindness on the back of this paper. You may also do a particular kind act more than once... Just remember to keep a tally of how many times you completed it. Don't forget to add up the total number of kind acts that you have completed before turning in your checklist to your homeroom teacher by **Tuesday, February 11th.**

I, _____ completed _____
Student's Name (First & Last) *Total # of Kind Acts Completed*

acts of kindness from February 3rd-7th during our Great Kindness Challenge.

- | | |
|--|---|
| <input type="checkbox"/> Give a genuine smile to someone you pass | <input type="checkbox"/> Sit with a new group of students at lunch |
| <input type="checkbox"/> Slip a nice note in your friend's backpack | <input type="checkbox"/> Read a book to a younger child |
| <input type="checkbox"/> Give someone a compliment | <input type="checkbox"/> Give an apple or note to your teacher |
| <input type="checkbox"/> Dispose of a piece of trash on the floor | <input type="checkbox"/> Help someone in need |
| <input type="checkbox"/> Then, wash your hands | <input type="checkbox"/> Make and hang a "kindness matters" sign |
| <input type="checkbox"/> Start a conversation with someone new | <input type="checkbox"/> Carry something for a friend |
| <input type="checkbox"/> Tell a joke and make someone laugh | <input type="checkbox"/> Help your PE teacher with equipment |
| <input type="checkbox"/> Eat a healthy snack (Be kind to your body!) | <input type="checkbox"/> Make a bookmark for a friend |
| <input type="checkbox"/> Learn something new about your teacher | <input type="checkbox"/> Hold the door open for someone |
| <input type="checkbox"/> Draw a picture and give it to someone | <input type="checkbox"/> Pat yourself on the back after working hard |
| <input type="checkbox"/> Help a younger student | <input type="checkbox"/> Thank a bus driver |
| <input type="checkbox"/> Greet someone with a handshake/Hi-5 | <input type="checkbox"/> Write a thank you note for the school nurse |
| <input type="checkbox"/> Recycle a recyclable item | <input type="checkbox"/> Listen to your teacher <i>the first time</i> |
| <input type="checkbox"/> Hug a friend | <input type="checkbox"/> Whisper "thank you" to the librarian |
| <input type="checkbox"/> Cut out a heart and give it to someone | <input type="checkbox"/> Help someone up if they fall down |
| <input type="checkbox"/> Entertain someone with a happy dance | <input type="checkbox"/> Lend a pencil to a friend |
| <input type="checkbox"/> Make a kindness poster for the cafeteria | <input type="checkbox"/> Ask someone about their weekend |
| <input type="checkbox"/> Show appreciation to an adult in school | <input type="checkbox"/> Bring a (paper) flower to a secretary |
| <input type="checkbox"/> Say "good morning" to someone | <input type="checkbox"/> Show appreciation to your principal |
| <input type="checkbox"/> Design a thank you note for the PTA | <input type="checkbox"/> Help your teacher with a needed task |
| <input type="checkbox"/> Make a wish for a child in another country | <input type="checkbox"/> Be on time for school |
| <input type="checkbox"/> Say "thank you" to the door holder | <input type="checkbox"/> Say "thank you" to a volunteer/helper |
| <input type="checkbox"/> Invite a new friend to play/hang out | <input type="checkbox"/> Choose NOT to say that unkind comment |
| <input type="checkbox"/> Send a written thank you note to an adult | <input type="checkbox"/> Make a friendship gift for someone |
| <input type="checkbox"/> Offer to help your custodian | <input type="checkbox"/> Create your own kind deeds (Note on back) |

My child has completed the marked activities above.

 (Student's Homeroom Teacher)

 (Parent Signature)

Note: This information was adapted from KidsforPeaceGlobal.org and the GreatKindnessChallenge.org.