



PBS KINDNESS CHALLENGE

“How wonderful to think that no one need wait a moment before starting to improve the world.” Anne Frank

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| <input type="checkbox"/> SMILE AT 25 PEOPLE | <input type="checkbox"/> READ A BOOK TO A YOUNGER CHILD |
| <input type="checkbox"/> SLIP A NICE NOTE IN YOUR FRIEND'S BACKPACK | <input type="checkbox"/> WRITE A KIND NOTE TO A TEACHER |
| <input type="checkbox"/> COMPLIMENT 5 PEOPLE | <input type="checkbox"/> STEP UP FOR SOMEONE IN NEED OR SOMEONE HAVING A BAD DAY |
| <input type="checkbox"/> PICK UP 10 PIECES OF TRASH | <input type="checkbox"/> WRITE AN ENCOURAGING BIBLE VERSE OR KIND MESSAGE FOR SOMEONE |
| <input type="checkbox"/> MAKE A NEW FRIEND | <input type="checkbox"/> CARRY YOUR FRIEND'S BOOKS OR BOOKSACK |
| <input type="checkbox"/> MAKE SOMEONE SMILE | <input type="checkbox"/> HELP YOUR PE TEACHER OR COACH WITH EQUIPMENT |
| <input type="checkbox"/> BE KIND TO YOURSELF AND EAT A HEALTHY SNACK | <input type="checkbox"/> WRITE A THANK YOU TO MS. JAMIE |
| <input type="checkbox"/> LEARN SOMETHING NEW ABOUT YOUR TEACHER | <input type="checkbox"/> HOLD THE DOOR OPEN FOR SOMEONE |
| <input type="checkbox"/> WRITE AN ENCOURAGING NOTE TO SOMEONE ON A STICKYNOTE | <input type="checkbox"/> PAT YOURSELF ON THE BACK |
| <input type="checkbox"/> HELP A YOUNGER STUDENT | <input type="checkbox"/> THANK A BUS OR CARPOOL DRIVER |
| <input type="checkbox"/> GIVE A HIGH FIVE TO GREET A CLASSMATE | <input type="checkbox"/> SAY THANK YOU TO THE NURSE OR ATHLETIC TRAINERS |
| <input type="checkbox"/> RECYCLE YOUR TRASH | <input type="checkbox"/> LISTEN TO YOUR TEACHER THE FIRST TIME |
| <input type="checkbox"/> HUG A FAMILY MEMBER | <input type="checkbox"/> WHISPER THANK YOU TO THE LIBRARIAN |
| <input type="checkbox"/> PICK UP TRASH OUTSIDE OF YOUR SCHOOL | <input type="checkbox"/> HELP SOMEONE IF THEY FALL DOWN |
| <input type="checkbox"/> LEAVE AN ENCOURAGING NOTE ON A FRIENDS LOCKER | <input type="checkbox"/> LEND A WRITING UTENSIL TO A FRIEND |
| <input type="checkbox"/> TELL A FRIEND ONE THING YOU LIKE ABOUT THEM | <input type="checkbox"/> LEARN TO SAY "HELLO" IN A NEW LANGUAGE |
| <input type="checkbox"/> SAY THANK YOU TO THE CAFETERIA WORKERS | <input type="checkbox"/> WRITE A THANK YOU TO THE OFFICE STAFF |
| <input type="checkbox"/> SHOW APPRECIATION TO A COUNSELOR OR MENTOR | <input type="checkbox"/> SHOW APPRECIATION TO MRS. ANDERSON |
| <input type="checkbox"/> SAY "GOOD MORNING" TO 15 PEOPLE | <input type="checkbox"/> HELP A TEACHER WITH A NEEDED TASK |
| <input type="checkbox"/> DESIGN A THANK YOU FOR A COACH OR CLUB SPONSOR | <input type="checkbox"/> BE ON TIME FOR SCHOOL |
| <input type="checkbox"/> PRAY FOR ANOTHER COUNTRY | <input type="checkbox"/> SAY "THANK YOU" TO A SUBSTITUTE TEACHER |
| <input type="checkbox"/> SAY THANK YOU TO A POLICE OFFICER | <input type="checkbox"/> TELL SOMEONE 3 KIND QUALITIES YOU SEE IN THEM |
| <input type="checkbox"/> INVITE A NEW FRIEND TO HANG OUT WITH YOU | <input type="checkbox"/> MAKE A NEW FRIEND IN A DIFFERENT GRADE |
| <input type="checkbox"/> SEND A THANK YOU TO DR. MAYES OR SOMEONE IN THE WHITE HOUSE | <input type="checkbox"/> CREATE YOUR OWN KIND DEED _____ |
| <input type="checkbox"/> SAY THANK YOU TO A CUSTODIAN | _____ Name/Home room |
| <input type="checkbox"/> INVITE SOMEONE NOT IN YOUR FRIEND GROUP TO SIT WITH YOU AT LUNCH | |

We challenge you to perform at least 40 of the 50 kind acts in one week. Use the checklist above, check off your acts as you go. Have fun!

“A new command I give you: Love one another. As I have loved you, so you must also love one another.” John 13:34