



PBS KINDNESS CHALLENGE

Name: _____

Advisory Teacher: _____

- SMILE AT 25 PEOPLE
- SLIP A NICE NOTE IN YOUR FRIEND'S BACKPACK
- COMPLIMENT 5 PEOPLE
- PICK UP 10 PIECES OF TRASH
- MAKE A NEW FRIEND
- TELL A JOKE AND MAKE SOMEONE LAUGH
- BE KIND TO YOURSELF AND EAT A HEALTHY SNACK
- LEARN SOMETHING NEW ABOUT YOUR TEACHER
- DRAW A PICTURE AND GIVE IT TO SOMEONE
- HELP A YOUNGER STUDENT
- GIVE A KIND HANDSHAKE TO GREET A CLASSMATE
- RECYCLE YOUR TRASH
- HUG A FAMILY MEMBER
- PICK UP TRASH OUTSIDE OF YOUR SCHOOL
- CUT OUT 10 HEARTS AND GIVE THEM TO FRIENDS
- TELL A FRIEND ONE THING YOU LIKE ABOUT THEM
- MAKE A KIND POSTER OR CARD FOR CAFETERIA HELPERS
- SHOW APPRECIATION TO A COUNSELOR OR MENTOR
- SAY "GOOD MORNING" TO 15 PEOPLE
- DESIGN A THANK YOU FOR AN AUXILIARY TEACHER
- PRAY FOR SOMEONE IN ANOTHER COUNTRY
- SAY THANK YOU TO A CARPOOL TEACHER
- INVITE A NEW FRIEND TO PLAY/HANG OUT WITH YOU
- SEND A THANK YOU TO DR. MAYES OR SOMEONE IN THE WHITE HOUSE
- PRAY FOR SOMEONE AT YOUR SCHOOL
- SIT WITH A NEW GROUP OF KIDS AT LUNCH
- READ A BOOK TO A YOUNGER CHILD
- GIVE A TREAT OR A NOTE TO YOUR TEACHER
- STEP UP FOR SOMEONE IN NEED
- DESIGN A KIND MESSAGE (A BIBLE VERSE WOULD BE GREAT) FOR SOMEONE
- CARRY YOUR FRIEND'S BOOKS OR BOOKSACK
- HELP YOUR PE TEACHER WITH EQUIPMENT
- MAKE A BOOKMARK FOR A FRIEND
- HOLD THE DOOR OPEN FOR SOMEONE
- PAT YOURSELF ON THE BACK
- THANK YOUR CARPOOL DRIVER
- TELL 3 PEOPLE WHAT GODLY CHARACTERISTICS YOU SEE IN THEM
- LISTEN TO YOUR TEACHER THE FIRST TIME
- WHISPER THANK YOU TO THE LIBRARIAN
- HELP SOMEONE IF THEY FALL DOWN
- LEND A WRITING UTENSIL TO A FRIEND
- LEARN TO SAY "HELLO" IN A NEW LANGUAGE
- BRING A FLOWER OR NOTE TO THE OFFICE STAFF, MRS. JONES, OR MRS. SPENCER
- SHOW APPRECIATION TO MRS. DIETERICH CREATIVELY
- HELP YOUR TEACHER WITH A NEEDED TASK
- BE ON TIME FOR SCHOOL
- SAY "THANK YOU" TO A VOLUNTEER OR POLICE OFFICER
- GIVE YOUR FRIEND A HIGH FIVE
- MAKE A FRIENDSHIP GIFT FOR SOMEONE NEW TO YOU
- CREATE YOUR OWN KIND DEED

We challenge you to perform at least 35 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