



# The Great Kindness Challenge

## FAMILY EDITION

Create a kinder world.

Take a week, a month, or a year.  
Have fun and complete as many acts of kindness as you can.

Your Kindness Matters!

Presented by



## Acts of Kindness

- Smile at 25 people
- Take a treat to your local firefighters
- Do a household chore without being asked
- Donate something to an animal shelter
- Take a board game to play at a senior center
- Read a book to a younger child
- Make a thank you card for your librarians
- Entertain someone with a happy dance
- Create a family gratitude jar
- Cheer for every player on both teams
- Deliver a special gift to a child in the hospital
- Make a new friend or welcome a new neighbor
- Send a card or gift to a military family
- Walk or pet an animal - but ask first!
- Go a full day without complaining
- Hold the door open for someone
- Learn to say "Thank You" in a new language
- Embrace your family with a big hug
- Teach something to a younger sibling or friend
- Write or draw a loving note for someone
- Make and display a "Kindness Matters" sign
- Raise funds and donate to your favorite cause
- Watch the sunrise or sunset together
- Breathe, stretch, and think a happy thought
- Cut out 10 hearts and leave them on 10 cars
- Donate needed school supplies
- Thank a bus driver
- Leave a flower on someone's doorstep
- Be kind to yourself and eat a healthy snack
- Call your grandparents or esteemed elder
- Walk or bike instead of driving
- Say "Thank You" to a police officer
- Bake cookies and share with your neighbors
- Say "Good Morning" to 5 people
- Pick up and recycle trash in your neighborhood
- Take a family walk outside
- Draw a heart in the sand or dirt
- Write a thank you note to your mail carrier
- Make a wish for a child in another country
- Volunteer in your community
- Say "Hi" to someone who looks sad
- Write a happy message with sidewalk chalk
- Paint a kindness rock and randomly place it
- Share food with someone who is hungry
- Sincerely compliment 5 people
- Post a positive message on social media
- Let someone go ahead of you in line
- Help plant a garden
- Reflect on kindness you witnessed during the day
- Create your own kind deed



#GKCfamily  
[www.greatkindnesschallenge.org](http://www.greatkindnesschallenge.org)

