#30Days of Kindness Challenge

Day 1: leave uplifting notes with sidewalk chalk
Day 2: play FreeRice.com & feed the hungry
Day 3: leave a thank you for the trash collector
day 4: donate favorite books to the library
Day 5: print & use at dinner: bit.ly/PythPlacemat
day 6: give 3 honest compliments
Day 7: count stuffed animals & donate that many quarters to an animal shelter
day 8: send a thank you note to a family friend
Day 9: spend time with your (or a friend’s) pet
Day 10: write a poem and give it to your teacher
Day 11: leave popcorn near a Redbox
Day 12: write an inspirational letter & leave it in your community
day 13: bake & share with neighbors
Day 14: teach tolerance over breakfast: bit.ly/dg teggs
Day 15: play educational games at EcoKids.ca
Day 17: offer to pick up groceries for a neighbor
Day 18: leave a thank you for your mail carrier
day 19: read a big-hearted book & discuss
Day 20: create art and send to ColorASmile.org
Day 21: offer to house-sit for a neighbor on a trip
day 22: hang homemade birdfeeders
Day 23: write a kind story: bit.ly/BHFStoryStarter
day 24: decorate a food shelf donation box
Day 25: count the items in your fridge & donate that many quarters to your donation box
Day 26: add food shelf donations to shopping list
Day 27: pay for the person behind you in line
Day 28: drop off donations at local food shelf
day 29: tape quarters to a vending machine
Day 30: brainstorm kindness/service ideas you’d like to try next!

Visit us for more SIMPLE tools to grow BIG hearts!
DoingGoodTogether.org/BigHeartedFamilies