



Take our upper grade  
**Back-to-School  
Kindness Challenge**  
for big-hearted families



- 1 Send an encouraging note to your favorite former teacher, wishing them a great new year.
- 2 Choose a novel to read & discuss.
- 3 Talk about your goals and priorities for the school year. Be sure to include service projects!
- 4 Create a "kindness display" to celebrate every act of kindness you give or receive each day, adding a post-it to a simple bulletin board.
- 5 Hide encouraging sticky notes around school.
- 6 Make an effort to talk to five people outside of your regular social circle. Say more than "Hi."
- 7 Invite someone new to sit with you at lunch.
- 8 Bake (or buy) cookies and bring them to the staff lounge or the front office, just because.
- 9 Give your bus driver a treat and a cheerful card.
- 10 Pack extra snacks in your lunch, in case a friend forgets.
- 11 Be kind to the earth! Pack a no-waste lunch.
- 12 Hide a cheerful bookmark in a library book.
- 13 Let a friend know why they're a great friend.
- 14 Help a teacher in an unexpected way.
- 15 Keep a stash of extra pencils and erasers in your backpack to share if a friend's pencil is lost.
- 16 Talk about bullying, what it means to be a bystander, and tools to stand up for others.
- 17 Offer help to someone who is struggling.
- 18 Decorate a friend's locker for his/her birthday, big game, or upcoming competition.
- 19 Call a far-away relative. Let them know how school is going, and ask them questions about their hobbies and activities.
- 20 Donate cleared art supplies to a shelter.
- 21 Hide big-hearted anonymous notes throughout the school.
- 22 Pick up litter around your school campus.
- 23 Use social media to share 5 thoughtful compliments.
- 24 Go green! If possible, bike or walk to school.
- 25 Turn off your device & start face-to-face conversations on the bus or during lunch break.
- 26 Invite a new friend to do something social.
- 27 High-five younger students as you pass.
- 28 Donate much-loved books to your school library when you're finished with them.
- 29 Let a teacher know you are enjoying his/her class.
- 30 Browse [DoingGoodTogether.org](http://DoingGoodTogether.org) for a volunteer project your family can try together.

*Parents, adapt each challenge to your life so you can participate too!  
Then, discuss how each task went and plan for tomorrow's challenge.*