### 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.
11. Be kind to the earth! Pack a no-waste lunch.
13. Let a friend know why they’re a great friend.
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. Make a donation (food or cash) to your local food pantry. Drop the donation off together if possible.
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 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.