

## PRINTABLES

# 2024 Great Kindness challenge

**Create a kinder world** Start with this checklist

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- Say good morning to a neighbor
- Write a quick thank you note to one friend per day
- Share a baked good with someone
- Make a new friend at school or outside of school
- Thank yourself for being kind! It's so easy to do.
- Color a picture for someone special and tell them you love them
- Say hello to all the people you pass today
- Let someone else go ahead of you in line
- Offer to clean someone's plate or dishes at breakfast, lunch or dinner
- Smile at yourself in the mirror today and say, "You are Loved!"
- Offer to help your teacher cleanup
- Offer to help at school where you typically don't have a role, such as at library with putting the books away
- Give your favorite adult an extra long hug today and say something kind