

JANUARY

KINDNESS CHALLENGE

Write down a goal to be kind this year.	Tell a joke to make someone laugh.	Give a compliment to a friend.	Let someone go ahead of you.	Smile at five different people.
Give a high-five to someone new.	Share a toy or game.	Say "thank you" to someone.	Draw a picture of a winter scene for a neighbor.	Pick up trash you see outside.
Help a grown-up with a chore.	Offer a warm drink (like cocoa) to a family member.	Ask a sibling how their day was.	Write a kind note for someone.	Hold the door open for someone.

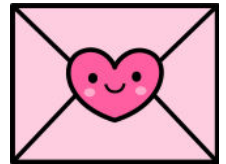
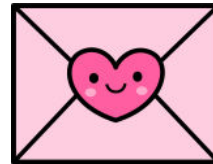
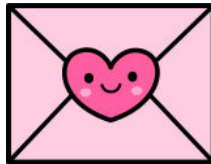
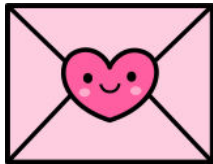
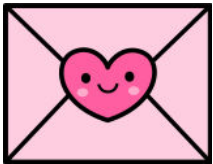


Forgive someone who upset you.	Offer to help someone carry something heavy.	Say "please" and "excuse me."	Wave hello to a bus driver or crossing guard.	Read a story to a younger child.
Say something nice about a winter activity you enjoy.	Lend a book to a friend.	Help set the table for dinner.	Encourage someone who looks sad.	Help clean up a shared space (like the living room).
Feed a pet or help care for it.	Listen closely when someone is talking about their break.	Call a relative to say hello.	Tidy your room without being asked.	Help make a snack for others.

FEBRUARY

KINDNESS CHALLENGE

Tidy up a common area in your house.	Give an honest compliment to two people.	Listen closely when someone is talking.	Help put away the groceries or laundry.	Bake a treat (with a grown-up) for a neighbor.
Offer to read a book to a sibling or pet.	Share a fun toy with a friend.	Draw a heart on a foggy window for others.	Write a nice note for your teacher/bus driver.	Give an unexpected high-five to someone.
Help a classmate who looks stuck.	Say "I love you" to three family members.	Hold the door for a stranger.	Pick up a piece of trash outside.	Give out Valentine's cards or kind notes today!



Say something kind about your own efforts.	Ask an adult if they need help with a task.	Let someone else choose the game/movie.	Be kind to the environment: recycle today.	(Leap Day Bonus!) Write three things you are grateful for.
Refill the pet's water bowl (even if it's not yours).	Tell a joke to someone who needs a laugh.	Call a grandparent or relative to chat.	Clean your room or desk without being asked.	Give a genuine smile to everyone you see.
Offer to carry a bag for a family member.	Write a positive message with sidewalk chalk.	Thank the person who cooked your dinner.	Forgive someone who upset you.	

MARCH

KINDNESS CHALLENGE

Help plant a seed or care for a plant.	Write a "Hello Spring" note to a neighbor.	Hold the door open for someone behind you.	Smile at five different people today.	Ask a friend what their favorite color is.
Tidy up a drawer or shelf without being asked.	Offer to share your favorite book or game.	Pick up any litter you see outside.	Give a genuine compliment to a family member.	Tell a joke to make someone laugh.
Give a high-five to two different people.	Call a relative just to say hello.	Ask an adult if they need help carrying something.	Let someone else choose the music.	Clean up a mess in a shared space.

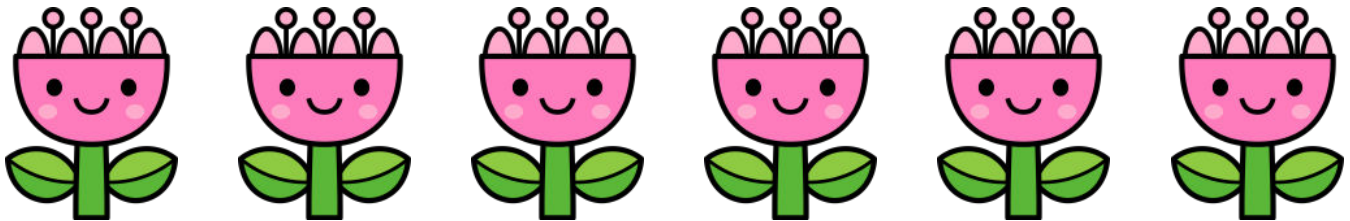


Help set the table for dinner.	Forgive someone who made a mistake.	Say "thank you" to someone who serves food.	Listen closely when a friend tells a story.	Write a list of all the kind acts you did this month!
Say something nice about a school activity.	Notice five happy things about the spring weather.	Help wipe down a counter or table.	Wear something green and give a compliment.	Read a story to a younger sibling or toy.
Offer an honest apology if you need to.	Wave hello to someone you see regularly.	Encourage someone who is trying something hard.	Refill the pet's food or water dish.	Offer to lend a pencil or supply to a classmate.

APRIL

KINDNESS CHALLENGE

Play a harmless joke that makes someone smile.	Give a genuine compliment to a friend.	Hold the door open for a grown-up.	Smile at five different people today.	Ask someone about their favorite season.
Tidy up a communal area like the living room.	Tell a fun story to make someone happy.	Help clear the table after a meal.	Share a snack with someone.	Give a high-five to two different people.
Call a relative to ask how they are doing.	Help water a plant or a garden.	Let someone else choose the TV show or music.	Write a thank-you note for a small act of kindness.	Pick up any litter you see on the sidewalk.



Read a story to a younger child.	Wave hello to a neighbor or postal worker.	Say "thank you" to your teacher.	Use "please" and "thank you" extra today.	Write down one kind thing you will do tomorrow.
Encourage someone who looks worried.	Listen closely when a sibling is talking.	Do one thing to help the Earth (e.g., recycle, save water).	Help prepare a lunch or snack.	Offer to lend a pencil or crayon to a classmate.
Help wipe down a table or counter.	Tidy your room without being asked.	Lend a book or toy to a friend.	Feed a pet or give them extra attention.	Forgive someone who upset you.

MAY

KINDNESS CHALLENGE

Offer to share your favorite springtime outdoor game.	Give a genuine compliment to a family member.	Write a "thank you" note for a mail carrier or delivery person.	Smile at five different people today.	Hold the door open for a stranger.
Help clear the table after a meal without being asked.	Write a list of all the good things your mom/caregiver does.	Call a relative to check in and chat.	Ask someone about their favorite flower.	Tidy up a drawer or shelf in the kitchen.
Tell a joke to make someone laugh out loud.	Give a high-five to two different friends.	Give a hug (if they like them!) to your mom/caregiver.	Help a parent with a chore they don't like.	Pick up any litter you see in a park.



Forgive someone who made a mistake.	Say something nice about a school rule or tradition.	Use "please" and "excuse me" extra today.	Help set the table for dinner.	Encourage someone who is running or exercising.
Listen closely when someone is telling a long story.	Say "thank you" to the librarian or office staff.	Feed a pet or spend extra time playing with them.	Offer to help someone carry their supplies.	Tidy your room or backpack without being asked.
Wave hello to a bus driver or crossing guard.	Read a story to a younger sibling or neighbor.	Help wipe down windows or mirrors.	Note one person you wish to surprise with kindness next month.	Lend a book to a friend you think would like it.

JUNE

KINDNESS CHALLENGE

Write a thank-you note for your teacher/school staff.	Share a fun toy or outdoor game with a friend.	Help clear the table after an outdoor meal.	Tell a joke to someone who is looking bored.	Say "thank you" to your dad or caregiver for Father's Day.
Call a relative to ask about their favorite summer memory.	Give a genuine compliment about someone's outfit.	Ask someone about their summer plans.	Write a kind message with sidewalk chalk.	Pick up any litter you see in a play area.
Tidy up a toy area or shared game closet.	Hold the door open for a grown-up carrying things.	Help water a garden or flowers outside.	Smile at five different people today.	Let someone else choose the next activity.

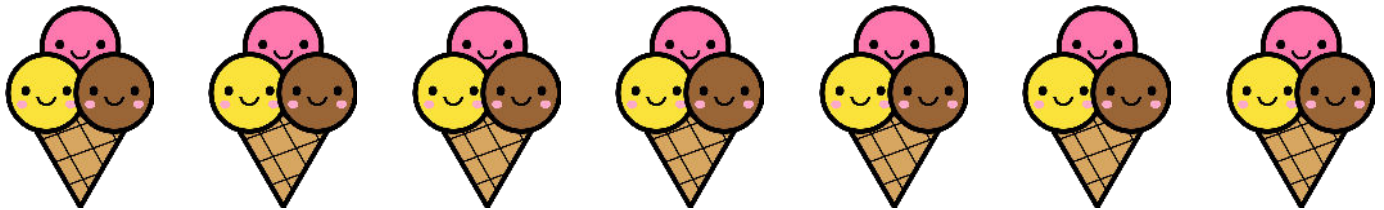


Use "please" and "thank you" extra today.	Help prepare an easy summer meal (like sandwiches).	Say something nice about your summer plans.	Feed a pet or give them a cool treat.	Listen closely when a friend tells you about their vacation.
Be extra kind and helpful to all people today.	Help make a cool snack (like popsicles) for others.	Offer to lend a pool noodle or beach towel.	Give a high-five to two friends or siblings.	Help wipe down outdoor furniture or toys.
Wave hello to a neighbor you haven't seen in a while.	Tidy your room or reading nook without being asked.	Encourage someone who is learning a new outdoor skill.	Forgive someone who made you wait.	Read a story to a younger child or pet.

JULY

KINDNESS CHALLENGE

Give a genuine compliment to a family member.	Thank someone who serves your community (e.g., a firefighter).	Share a cool drink with someone else.	Smile at five different people today.	Help set up for a cookout or outdoor meal.
Hold the door open for a stranger.	Write a kind note and leave it somewhere to be found.	Write a "Hello Summer" message on a sidewalk.	Call a relative to ask about their summer plans.	Tell a joke to make an adult laugh.
Tidy up an area where you were playing outside.	Help water any dry plants or flowers outside.	Let someone else choose the pool game or activity.	Pick up any litter you see at a park or beach.	Give a high-five to two friends or siblings.

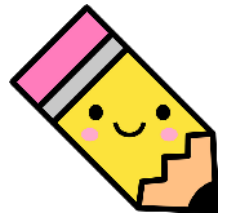
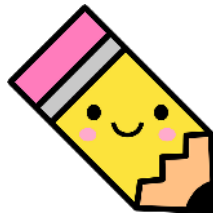
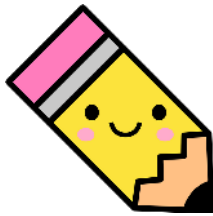
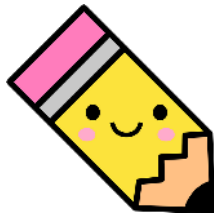
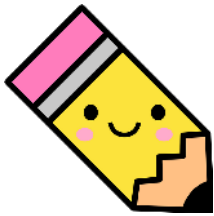
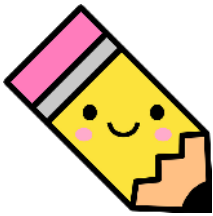


Help prepare ice cream or a frozen treat for others.	Use "please" and "excuse me" extra today.	Say "thank you" to someone who helped you today.	Wave hello to a local business owner.	Read a story to a younger child.
Forgive someone who forgot something important.	Lend a book or magazine to a family member.	Listen closely when an adult is giving directions.	Offer to lend sunscreen or a beach toy to someone.	Help wipe down a sticky table or counter.
Say something nice about the summer weather.	Refill the pet's water bowl (they get thirsty too!).	Encourage someone who looks nervous about jumping in water.	Clean up your area in a car or travel spot.	Help make a refreshing drink for others.

AUGUST

KINDNESS CHALLENGE

Ask someone what they are most looking forward to in the fall.	Help put away an outdoor toy or game.	Help clear the table after an outside meal.	Smile at five different people today.	Offer to share your art supplies or crayons.
Let someone else choose the music in the car.	Write a "Happy Summer" note to a friend.	Help water any houseplants or outdoor plants.	Give a genuine compliment about someone's hobby.	Hold the door open for a stranger.
Tidy up an area in the garage or shed.	Call a relative to check in and share a summer memory.	Tell a joke to someone who is focused on a task.	Pick up any litter you see in your yard.	Give a high-five to two friends or siblings.

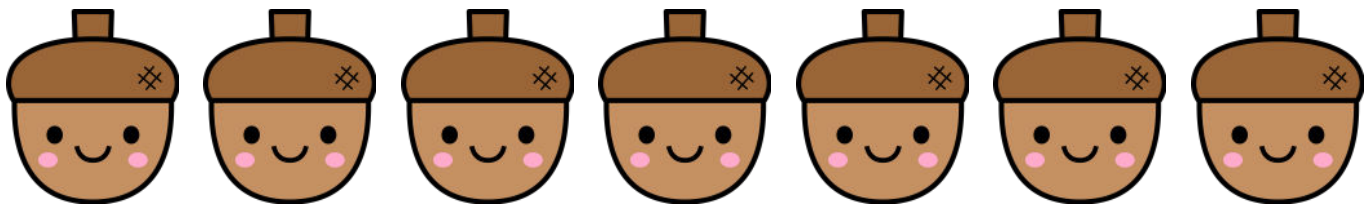


Help prepare a picnic lunch for others.	Use "please" and "excuse me" extra today.	Help a parent gather school supplies.	Forgive someone who made you wait too long.	Lend a book to a family member.
Say something nice about your school or classroom.	Listen closely when an adult is talking about plans.	Say "thank you" to someone who drives you somewhere.	Feed a pet or spend extra time playing with them.	Encourage someone who seems nervous about starting school.
Clean out your backpack or desk area.	Read a story to a younger child.	Wave hello to a neighbor or maintenance worker.	Help wipe down toys or play equipment.	Help make a cool drink for someone else.

SEPTEMBER

KINDNESS CHALLENGE

Offer to share a favorite fall activity idea.	Help clear the table without being asked.	Smile at five different people today.	Give a genuine compliment about someone's clever idea.	Ask a new classmate to play or talk at recess.
Hold the door open for a grown-up carrying books.	Write a kind note and slip it into someone's backpack.	Ask three different people how their day is going.	Let someone else choose where to sit at lunch.	Tidy up an area in your room without being asked.
Give a high-five to two friends or siblings.	Pick up any litter you see on the school playground.	Call a relative to tell them about your first week of school.	Tell a joke to someone who looks stressed.	Help wipe down desks or tables in a shared space.

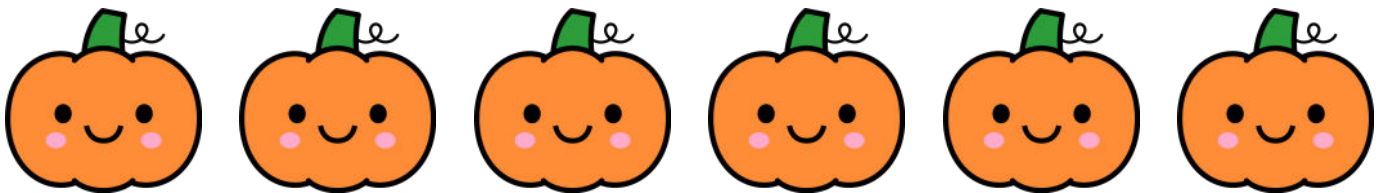


Lend a book you enjoyed to a friend.	Help prepare dinner or set out ingredients.	Use "please" and "thank you" extra today.	Offer to lend an extra pencil or eraser to a friend.	Forgive someone who interrupted you.
Encourage someone who is learning a new subject.	Listen closely when a teacher is giving directions.	Say something nice about the autumn weather.	Refill the pet's water bowl and straighten their bed.	Say "thank you" to someone who cleans up messes.
Write down one person you want to make happy tomorrow.	Read a story to a younger child.	Organize a messy shelf or drawer.	Wave hello to a neighbor or security guard.	Help wipe down a counter or sink area.

OCTOBER

KINDNESS CHALLENGE

Offer to share your favorite comfortable blanket.	Tidy up an area in the living room without being asked.	Ask three people what they are grateful for.	Help clear the leaves from a nearby yard.	Give a genuine compliment to a classmate.
Give a high-five to two friends or siblings.	Ask an adult how you can help them today.	Help wipe down a sink or counter in the bathroom.	Write a kind note for your teacher or boss.	Pick up any litter you see during a short walk.
Call a relative to say you are thinking of them.	Let someone else choose the game or movie.	Hold the door open for a stranger.	Tell a joke to someone who seems quiet.	Smile at five different people today.



Forgive someone who forgot to call you back.	Lend a book to a friend you think would like it.	Help fold clean laundry.	Say something nice about the fall weather.	Offer to lend an umbrella or jacket.
Use "please" and "excuse me" extra today.	Read a story to a younger child.	Clean out old toys or clothes for donation.	Listen closely when a sibling is talking.	Say "thank you" to someone who cooks your food.
Help set the table for Thanksgiving or a big meal.	Write a list of three people you are thankful for.	Encourage someone who looks stressed or tired.	Wave hello to a bus driver or postal worker.	Feed a pet or give them a special toy.

NOVEMBER

KINDNESS CHALLENGE

Write a note about why you admire a friend.	Tidy up an area in a closet without being asked.	Tuck someone's chair in at the table.	Ask a quiet person what their favorite animal is.	Hold the door open for someone struggling with something.
Help wipe down a counter or desk at school.	Give a genuine compliment about someone's focus.	Call a relative to share good news with them.	Offer to share your art materials.	Smile at five different neighbors.
Let someone else choose the game you play together.	Tell a joke to lift a sad person's spirits.	Give a high-five to two friends or siblings.	Help an older person carry their shopping bag.	Pick up any litter that could blow away.



Help fold clean towels or blankets.	Use "please" and "thank you" extra today.	Offer to help tie someone's shoelace or button a coat.	Say "thank you" to someone who makes you laugh.	Refill the pet's water bowl before it's empty.
Read a story to a younger child.	Lend a warm pair of gloves or a scarf if someone needs one.	Say something nice about your school's library.	Forgive someone quickly and completely.	Listen closely without interrupting others.
Help set the table for a special meal.	Write a list of three things you want to do next month.	Wave hello to a person you see outside regularly.	Clean out your backpack or locker for the weekend.	Encourage someone who is learning to cook.

DECEMBER

KINDNESS CHALLENGE

Offer to make someone a warm drink.	Give a kind, simple compliment.	Write one kind New Year's goal.	Help put away the clean dishes.	Share a warm blanket with someone.
Tidy up the shoes by the door.	Ask three people how they are.	Tell a fun joke to make a friend laugh.	Write a nice note for a sibling.	Smile at five strangers today.
Call a relative just to say hello.	Pick up one piece of trash outside.	Give two high-fives to family members.	Let someone else pick the music.	Hold the door for someone.



Offer to lend an extra pencil.	Say something positive about your school.	Say "thank you" to your teacher today.	Lend a book to a classmate.	Feed a pet or give them a treat.
Tidy your room without being asked.	Encourage someone who looks sad.	Help prepare a healthy snack.	Use "please" and "thank you" a lot.	Listen closely without interrupting.
Help wipe down a kitchen table.	Wave hello to a bus driver.	Read a story to a younger child.	Forgive someone who made a mistake.	Help choose an item to donate.

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