




# 30-day Kindness Challenge



Random Acts of Kindness performed by

<input type="checkbox"/> <b>1</b> Write a thank-you note to someone who has helped you recently.	<input type="checkbox"/> <b>2</b> Donate canned goods to a local food pantry.	<input type="checkbox"/> <b>3</b> Make food for your family.	<input type="checkbox"/> <b>4</b> Bring an extra snack to share with a friend.	<input type="checkbox"/> <b>5</b> Cheer someone up with a kind word or joke.	<input type="checkbox"/> <b>6</b> Smile and say "hello" to your classmates.	<input type="checkbox"/> <b>7</b> Pick up litter in your neighborhood or a local park.
<input type="checkbox"/> <b>8</b> Invite a new friend to play.	<input type="checkbox"/> <b>9</b> Thank your parents and tell them you love them.	<input type="checkbox"/> <b>10</b> Draw a picture for a friend.	<input type="checkbox"/> <b>11</b> Donate a book to the library.	<input type="checkbox"/> <b>12</b> Thank your teacher for all that they do.	<input type="checkbox"/> <b>13</b> Give tons of high fives.	<input type="checkbox"/> <b>14</b> Give a smile-a-gram to a friend.
<input type="checkbox"/> <b>15</b> Leave a friendly note in a library book.	<input type="checkbox"/> <b>16</b> Make and send a "Get Well Soon" card.	<input type="checkbox"/> <b>17</b> Help the teacher without them asking.	<input type="checkbox"/> <b>18</b> Smile at everyone you see today.	<input type="checkbox"/> <b>19</b> Hold the door open for someone.	<input type="checkbox"/> <b>20</b> Write a letter to a friend.	<input type="checkbox"/> <b>21</b> Smile at a stranger.
<input type="checkbox"/> <b>22</b> Give someone in your home a big hug and tell them you care.	<input type="checkbox"/> <b>23</b> Call a family member on the phone.	<input type="checkbox"/> <b>24</b> Let someone else go first in line.	<input type="checkbox"/> <b>25</b> Do a chore for someone in your family.	<input type="checkbox"/> <b>26</b> Teach a friend something you are good at.	<input type="checkbox"/> <b>27</b> Give lots of compliments.	<input type="checkbox"/> <b>28</b> Vow to continue being kind always.
<input type="checkbox"/> <b>29</b> Share the kindness calendar with someone and encourage them to join.	<input type="checkbox"/> <b>30</b> Write down a kindness goal for the coming month and commit to it.	<p><b>For ideas on how to continue the conversation, visit <a href="https://parentslead.org">parentslead.org</a></b></p> 				

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