



30-Day Kindness Challenge for Kids

Complete one act of kindness each day. Check off each activity as you finish it!

- ☐ 1. Say something nice to a friend
- ☐ 2. Help set or clear the table
- ☐ 3. Draw a picture for someone
- ☐ 4. Hold the door open for others
- ☐ 5. Share a toy or book
- ☐ 6. Write a thank-you note
- ☐ 7. Pick up litter outside
- ☐ 8. Give someone a compliment
- ☐ 9. Help a younger child
- ☐ 10. Make a card for a neighbor
- ☐ 11. Let someone go first
- ☐ 12. Tell a family member you love them
- ☐ 13. Smile at 5 people today
- ☐ 14. Help carry groceries
- ☐ 15. Read to a sibling or pet
- ☐ 16. Do a chore without being asked
- ☐ 17. Invite someone to play
- ☐ 18. Say please and thank you all day
- ☐ 19. Leave a kind note for someone
- ☐ 20. Water a plant or feed an animal
- ☐ 21. Give a hug to someone you love
- ☐ 22. Donate a toy or book
- ☐ 23. Help someone who is struggling
- ☐ 24. Make someone laugh
- ☐ 25. Be a good listener today
- ☐ 26. Cheer someone up who is sad
- ☐ 27. Clean up without being asked
- ☐ 28. Teach someone something new
- ☐ 29. Be patient all day
- ☐ 30. Do a random act of kindness!

Our Favorite Kindness Activity:

How many acts of kindness did we complete? ____ / 30



"Kindness costs nothing, but it can mean everything."

