



Kindness Challenge!

Welcome Back to School. Let's start 2021 with some fun!

During the first month back to school, please complete as many acts of kindness as you can (as many times as you want). Following you will find a few ideas to get you started:

- Give a compliment to a classmate.
- Smile at someone you don't know well.
- Let someone go ahead of you in line.
- Open the door for someone.
- Do more than your expected chores.
- Offer to help someone.
- Pick up litter and dispose it in an appropriate trash bin.
- Tell someone when they did a good job.
- Let someone know how much you appreciate them and why.
- Offer to help a Teacher.
- A random act of kindness (your choice) each day.

How many can you complete?

Write a list of all the acts of kindness you complete each day, during January.

Submit your list to: School Counselor: Elisa Olson by Monday, February 1st.

The 5 students who complete the most acts of kindness during January will win a prize!