

CHOOSE Kindness



1
Tell a joke

2
Go an entire day without complaining

3
Be kind to a classmate

4
Send a thank you note

5
Smile at 5 people

6
Avoid gossip

7
Do the "Ding Dong Dash" challenge
**see details on page 2*

8
Clean up without being asked

9
Donate something

10
Tell someone "good job"

11
Ask someone about their day

12
Give a hug

13
Leave an encouraging note somewhere

14
Say "thank you" to a teacher

15
Sit by someone new

16
Compliment a classmate

17
Make a care package for someone

18
Make dinner for your family

19
Write down 3 reasons you're proud of yourself

20
Listen to a friend

21
Give someone a high five

22
Surprise someone with a handmade gift

23
Handout "Kindness Grams"
**see details on page 3*

24
Offer to help someone before they ask

25
Go for a walk with someone

26
Do a little self care

27
Say "thank you" whenever you can

28
Tell 3 people you love them

29
Pick up litter

30
Hold the door open

Ding Dong Dash!

Surprise at least 2 people with this random act of kindness idea!

Ding Dong Dash a friend, classmate, neighbor, coworker, teacher or loved one with goodies that are sure to make them smile. Simply print cut and add your name to the bottom of these notes, then leave one with each surprise.

1STEP

DING DONG DASH!

Just letting you know
that you're awesome &
I'm thinking of you.
Enjoy the surprise and
make sure to smile &
laugh today.

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Kindness Grams

Surprise at least 2 people with a Kindness Gram!
Handout to friends, classmates, neighbors, coworkers, teachers or loved ones to brighten their day. Simply print, cut and add your name to the back of each Kindness Gram.

You are smart. You are kind.
You are strong. You are valued.
You are brave. You are loved.

You are enough.



**YOU
ROCK!**

THANKS FOR BEING YOU!



*We
rise by
lifting
others*

THANKS FOR SPREADING KINDNESS!

**YOU
MAKE
THE WORLD A
brighter
PLACE**



**Without rain there
wouldn't be any
rainbows**



DON'T FORGET TO BE AWESOME TODAY!



**BElieve
THEre is
GOOD
IN THE WORLD**

CRUSH YOUR GOALS TODAY!