

KINDNESS CHALLENGE

Print the kindness challenge sheet on page 2.
Cut down the center and distribute one to each student.

Review the list and brainstorm additional ways they can
exercise kindness their community.

Place students in groups of 2-4 and have them choose at
least two acts of kindness they will perform for their
community this week.

31 DAY KINDNESS CHALLENGES

If you'd like to encourage all students and staff to
participate on a daily basis together, 31 days of social
media graphics and printable daily challenges are available
on the resources page at schools.only7seconds.com

It may be helpful to design some incentives for students
who complete all 31 days.

ACTS OF KINDNESS CHALLENGE

1. Give someone a compliment
2. Smile at a stranger
3. Hold a door open for someone
4. Help someone who is struggling
5. Give 5 people a high five
6. Express love to a family member
7. Show appreciation to a staff member
8. Say thank you to a family member
9. Be nice to someone you don't know
10. Send a positive text
11. Write a kind note
12. Take time to listen
13. Hug somebody
14. Do something kind for someone
15. Say "I'm sorry"
16. Leave a positive note on someone's car
17. Give a gift
18. Show respect when you disagree
19. Speak up for someone
20. Do a chore
21. Post a shoutout to someone you love
22. Say "hi" to someone new
23. Share something special to you
24. Let go of a wrong
25. Let someone else pick what to watch on TV
26. Write something positive on a sticky note
27. Post something positive online
28. Let someone go ahead in line
29. Send someone a video saying you love them
30. Offer help to someone
31. Remind someone that they matter

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