

Kindness Challenge

January 27th - March 7th

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 26	27 Give a compliment to someone today.	28 Write a thank you note to someone in your life for all they do.	29 Start a kindness jar where you collect notes of gratitude and kindness.	30 Handwrite a note to someone that means a lot to you.	31 Compliment five people around you.	February 1 Share a positive story with a friend or family member.
2 Watch a movie and share a bowl of snacks with a friend or family member.	3 Give genuine compliments to at least three people a day.	4 Smile at everyone you pass.	5 Say thank you to someone who goes unnoticed.	6 Send a thoughtful text or call a loved one.	7 Take a walk and enjoy the fresh air.	8 Help clean up a shared space without being asked.
9 Enjoy the super bowl game with friends and family.	10 Offer to help without being asked.	11 Cheer on or help someone who is having a tough day.	12 Reflect on how you can show empathy to those around you.	13 Dedicate a day to giving sincere compliments to those around you.	14 Give someone you love a Valentine's Day card.	15 Practice self-love by doing something that makes you feel good.
16 Have a fun game night with loved ones.	17 Wish the first person you see an amazing day.	18 Give someone a meaningful compliment.	19 Write or draw three things you're grateful for.	20 Hold the door open for someone.	21 Sit with someone new at lunch or include someone who's alone in your group.	22 Help a neighbor or sibling with a simple task.
23 Smile at yourself in the mirror and say something kind about yourself.	24 Let someone else go first in line or during an activity.	25 Play with someone at recess who looks like they need a buddy.	26 Say something kind about your school during a class discussion.	27 Compliment someone from a different grade on their work or effort.	28 Create a colorful "Kindness Poster" to hang in your classroom.	March 1 Take five deep breaths and tell yourself something positive.
2 Write a thank-you note to a classmate who has been a good friend.	3 Help your teacher by organizing supplies or tidying up.	4 Say "thank you" to someone who helps you today.	5 Share a positive story or fun fact during a group activity.	6 Review the notes you collected in your kindness jar.	7 Share your favorite kindness moment from the challenge with your class.	8

HOME KINDNESS ACTIVITIES

Step 1

Each day, encourage your child to complete the kindness activity listed on the calendar.

Step 2

Once the activity is complete, please sign the calendar for that day.

Step 3

At the end of the month, students can return their completed and signed calendars to school to earn **PBIS points** as a reward for their efforts!