










# 20 day Kindness Challenge



<p><b>DAY 1</b></p> <p>Compliment someone! It will bring sunshine to their day.</p>  <p>□□</p>	<p><b>DAY 2</b></p> <p>Make a drawing or write a kind note to someone! It will be appreciated!</p>  <p>□□</p>	<p><b>DAY 3</b></p> <p>Call a friend or family member and make them feel loved!</p>  <p>□□</p>	<p><b>DAY 4</b></p> <p>Give a hug, it's a wonderful act of love appreciated by all!</p>  <p>□□</p>	<p><b>DAY 5</b></p> <p>Say good morning to all those you encounter today with a big smile! Share happiness!</p>  <p>□□</p>
<p><b>DAY 6</b></p> <p>Look for litter on the ground and collect it. The planet will thank you for taking care of it!</p>  <p>□□</p>	<p><b>DAY 7</b></p> <p>Say at least two 'I love you' today! Make someone feel important!</p>  <p>□□</p>	<p><b>DAY 8</b></p> <p>Spend time with someone you love.</p>  <p>□□</p>	<p><b>DAY 9</b></p> <p>Send a letter to a friend or family member!</p>  <p>□□</p>	<p><b>DAY 10</b></p> <p>Put a kind note or drawing on someone's car in the neighborhood!</p>  <p>□□</p>
<p><b>DAY 11</b></p> <p>Make someone laugh or smile at someone who looks sad!</p>  <p>□□</p>	<p><b>DAY 12</b></p> <p>Share your toy or food with a sibling/friend.</p>  <p>□□</p>	<p><b>DAY 13</b></p> <p>Wear a colorful outfit to bring happy shades to the world!</p>  <p>□□</p>	<p><b>DAY 14</b></p> <p>Tidy your room without being asked to do it!</p>  <p>□□</p>	<p><b>DAY 15</b></p> <p>Learn how to say 'You are kind' in another language.</p>  <p>□□</p>
<p><b>DAY 16</b></p> <p>Hide a sweet note or drawing under someone's pillow!</p>  <p>□□</p>	<p><b>DAY 17</b></p> <p>Congratulate someone on something they have done well.</p>  <p>□□</p>	<p><b>DAY 18</b></p> <p>Say 'Thank you' four times or more to show your gratitude.</p>  <p>□□</p>	<p><b>DAY 19</b></p> <p>Tell someone how pretty they look! I</p>  <p>□□</p>	<p><b>DAY 20</b></p> <p>Offer to help cook or lay the table.</p>  <p>□□</p>