

How many of these Acts of Kindness did you complete in one week?

Now give a booklet to your friends and see if they can complete the challenge too!



Find more fun ideas for spreading kindness at:

www.thekindnesselves.com



Kind Kids Challenge Booklet

the  kindness elves™

Open the door for someone

Make someone else's bed for them

Tidy up without being asked

Help your teacher clean the classroom

Sit with a lonely child at lunch

Invite someone new to join your game

Read to a younger child

Give away something you no longer need

Clear the table without being asked

Let someone go in front of you in the line

Thank your teacher for all that they do

Write a kind note or letter for someone