

30 Days of Kindness Challenge



Kindness = Care + Action!

Over the next 30 days, consider using each day an opportunity for kindness. Below are instructions and ideas for how children, adults and families can focus and reflect on kindness at home.

Instructions

1. If you can, print or save the ideas onto your phone or computer so you'll be sure to see it. If you can't do some of the activities, that's ok! Make up your own ideas for spreading kindness.
2. Make time for each day's challenge. If you need to swap days or complete multiple tasks on the weekend, that's OK. The goal is to complete one each day, but be flexible, and make that part of your reflection.
3. Make time to reflect as a family.

Reflection Questions

- At the end of each day ask, discuss how the assigned task worked for each member of your family.
- How would you feel if someone shared today's kindness with you?
- What was your favorite item in the challenge?
- Which tasks were most difficult to complete? Which were the easiest?
- What are some other ways we could share kindness every day?

30 Kindness Ideas for Kids and Families



Day 1- Leave an uplifting note on the sidewalk

Day 2- Play FreeRice.com or a game at home that doesn't require internet

Day 3- Leave a thank you for the trash collector

Day 4- Donate books to a little library or read a book to a family member

Day 5- Print & use @ dinner:
bit.ly/PithyPiacemat

Day 6- Give 3 honest compliments

Day 7- Count stuffed animals & donate that many quarters to an animal shelter

Day 8- Send a thank you note to a family friend

Day 9- Spend time with your pet or read to a sibling

Day 10- Write a poem and give it to a teacher

Day 11- Make a snack for a family member

Day 12- Write a kind story:
bit.ly/BHFStoryStarter

Day 13- Draw a picture of nature and place in a window for others

Day 14- Leave a note for a family member telling them what you love about them

Day 15- Do something nice for a

neighbor (leave them a message or picture on their doorstep)

Day 16- Leave a thank you for your mail carrier

Day 17- sign petitions together:
bit.ly/BHFPetition

Day 18- Offer to pick up groceries for a neighbor

Day 19- Read a big-hearted book and discuss

Day 20- Create art and send to ColorASmile.org

Day 21- Hang a homemade birdfeeder

Day 22- Offer to do a chore without asking

Day 23- Be kind to yourself by spending time outside in nature

Day 24- Give a family member in your house an unexpected hug

Day 25- Help with dinner

Day 26- Watch a kind-hearted movie and discuss

Day 27- Call or text someone

Day 28- Draw a picture of kindness and put it in your window for others to enjoy

Day 29- Give yourself 3 nice compliments

Day 30- Pat yourself on the back for 30 days of kindness and think of one more kind act for today!