






Kindness Challenger

 <p><i>above</i></p>	<p>1</p> <p>Write a thank you note.</p>	<p>2</p> <p>Eat lunch with someone new.</p>	<p><i>all else</i></p>
<p>8</p> <p>Give a genuine compliment.</p>	<p>3</p> <p>Learn 3 new things about a farm animal.</p>	<p>4</p> <p>Help clean up your classroom or school yard.</p>	<p>5</p> <p>Cheer someone up if they are feeling blue.</p>
<p>7</p> <p>Help save energy! Turn the lights off.</p>	<p>6</p> <p>Create a poster to encourage kindness to animals.</p>	<p>9</p> <p>BE</p> 	<p>4</p> <p>Help clean up your classroom or school yard.</p>
<p>BE</p> 	<p>6</p> <p>Create a poster to encourage kindness to animals.</p>	<p>5</p> <p>Cheer someone up if they are feeling blue.</p>	<p>KIND</p>  

Have students participate in the Kindness Challenge by performing a kind act every day for one week (they can use the **Kindness Challenger** for ideas).