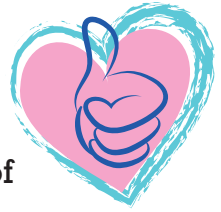


Name _____

Date _____

Acts of Kindness Challenge



As a group, your challenge is to come up with at least three random acts of kindness that you can perform by the end of class.

Directions: Circle three ideas below or come up with your own! After you get approval from your teacher, perform your kind deeds! Then write about how it went.

- Write kind messages on sticky notes and place them in your classroom or in the bathroom (after your teacher reviews the notes).
- Give up your seat for someone else.
- Take the day to practice not complaining.
- Give someone a compliment.

- _____
- _____
- _____

Write a reflection (3–4 sentences) on what it was like for you to complete these kind acts. How do you feel? How can you remember to practice kindness each day?
