


KINDNESS challenge



ON THE PLAYGROUND	IN THE HALLWAY	IN THE CLASSROOM	TOWARDS CLASSMATES	TOWARDS ADULTS
Invite someone playing alone to join your group	Tell someone how much you like their haircut or clothes	Teach a classmate something you're good at	As a class, write anonymous notes for each other saying what you like about them. Leave these in a box on their desk.	Write a thank you letters to your custodian thanking them for keeping the classroom clean
Write inspirational messages on the sidewalk with chalk	Hold the door open for someone else	Partner with someone you haven't worked with yet	Offer to share your lunch with someone	Donate a book to the school library
Pick up garbage around the school	Leave sticky notes on a locker with compliments	Help clean up after a class activity	If you finish your work first, offer to help someone else	Create a fun video for your principal
Thank a bus driver or crossing guard	Help someone carry their books or backpack to class	Remember to be kind to yourself - you matter too!	Donate a book to the school library	Thank your teacher for all they do
Paint rocks with positive messages and leave them in front of the school		Help your teacher without them asking	Make a promise to be kind to a friend	Share your activities using #SMARTTECH