

DAY 66: KINDNESS CHALLENGE

Small Actions Make a Big Difference

Name: _____ Date: _____

Kindness means showing care, respect, and helpfulness. Even one small action can make someone feel included, supported, or happy.

1. My Kindness Mission

Choose at least **three** kind actions to try today. Check each box when you complete it.

- ☐ Give someone a sincere compliment.
- ☐ Invite someone to join a game or activity.
- ☐ Help at home or in the classroom without being asked.
- ☐ Listen carefully when someone is talking.
- ☐ Say "please," "thank you," or "you're welcome."
- ☐ Share supplies or take turns fairly.
- ☐ Write or draw a kind note for someone.
- ☐ Stand up for someone respectfully or tell a trusted adult if help is needed.

2. Choose Your Own Kindness

One kind action I will do today is:

I will show kindness to:

3. Kindness Reflection

How might the other person feel when you are kind?

How did you feel after doing something kind?

What is one kind action you could repeat tomorrow?

4. Draw a Kindness Moment

Draw a picture of you helping, including, encouraging, or caring for someone.



My kindness promise: I will try to make people feel safe, welcome, and respected. I know that kindness does not have to cost anything.

For grown-ups: Praise sincere effort, not perfection. Children should never feel pressured to give away belongings, keep unsafe secrets, or help in situations that feel uncomfortable. They can ask a trusted adult for help.