

A KINDNESS CHALLENGE TO

**make
kindness
the norm.**TM 

IN YOUR NEIGHBORHOOD

for ages 20 - 99

**IMAGINE A WORLD
WHERE WE CAN
SUCCEED BY BEING
NICE, WHERE WE ALL
LOOK OUT FOR EACH
OTHER, WHERE WE
ALL PAY IT FORWARD,
AND WHERE KINDNESS
IS THE NORM.**

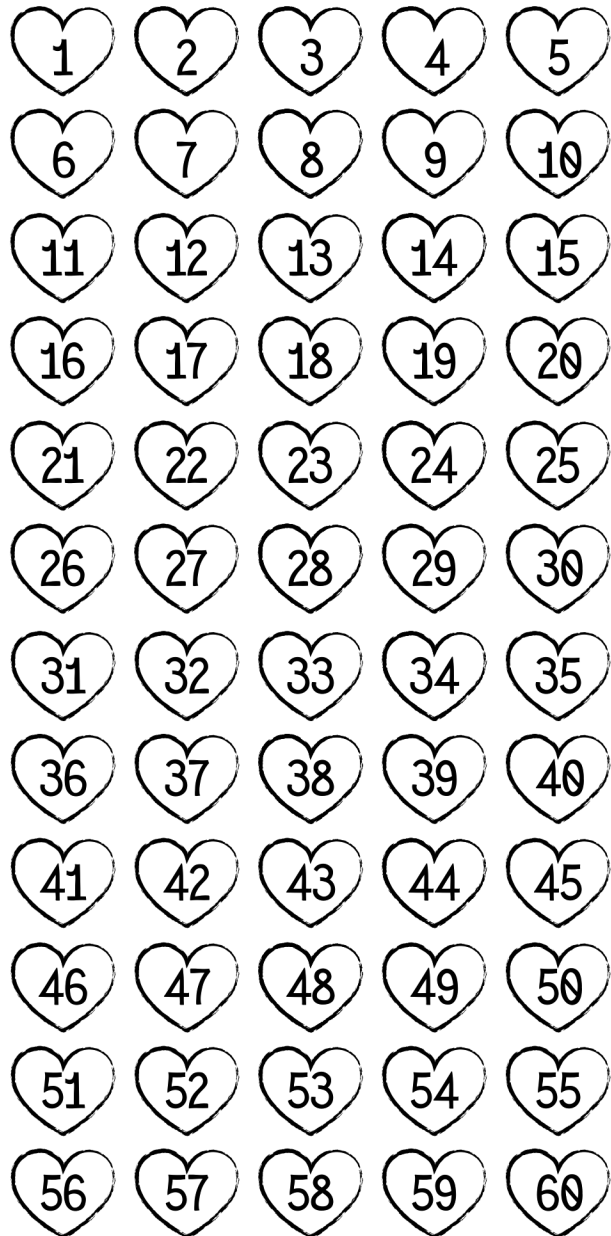
"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their beauty is revealed only if there is a light from within."

Elisabeth Kubler-Ross

**BY PARTICIPATING IN
THIS PERSONAL
CHALLENGE, YOU ARE
HELPING TO CREATE
THAT WORLD.**

Participating in this personal challenge is simple. On the next page, you'll see a grid of 60 hearts. Your goal is to fill in each of those hearts by completing random acts of kindness.

These random acts of kindness were designed to be done in your community, so you can choose to do any of the activities in any order. When you've filled in all 60 hearts, be sure to send us a photo of your favorite completed challenge page at info@randomactsofkindness.org.



1-HEART ACTIVITIES

For each of the random acts of kindness you do below, fill in one heart on your chart.

- Smile at everyone you see today.
- Tell someone something you admire about them.
- Encourage a new mom; one kind gesture will go a long way.
- Say thanks to the person or people who are your biggest cheerleaders.
- Leave the chores for another day and do anything that brings joy.
- Start a thankfulness or kindness journal for reflection.
- Make sure the important people know how much they mean to you - take time to let them know in your own way.
- Be kind to yourself - carve out an hour to do something you love.
- Leave \$1 bills on a shelf at the dollar store.
- Send a pick-me-up text to someone who could use a smile.
- Tell a child why you are proud of them.

2-HEART ACTIVITIES

For each of the random acts of kindness you do below, fill in 2 hearts on your chart.

- Read an extra story to your kid(s) at bedtime.
- Help your kid(s) write a hand written note of appreciation to a family member.
- Out shopping? Check on an elderly neighbor and see if you can pick anything up for them.
- Surprise a friend with coffee or tea and a chance to just be.
- Call an old friend and catch up.
- Tip your server a little extra when you can.
- Learn about a race or culture other than your own, write down questions that come up, and discuss your thoughts with others.
- Ask your cashier what their favorite snack is and then buy it for them.
- Write and mail a letter to a friend or family member the old-fashioned way.
- Post a positive quote on social media.

2-HEART ACTIVITIES (CONTINUED)

- Cook a nice meal for yourself
- Make yourself an appointment for an annual checkup with your doctor and dentist.
- Call or text your siblings and let them know how much you love and appreciate them.
- Video call your parents, grandparents, and anyone else you want to connect with but haven't.
- Write a list of things you love about someone - then give it to them.

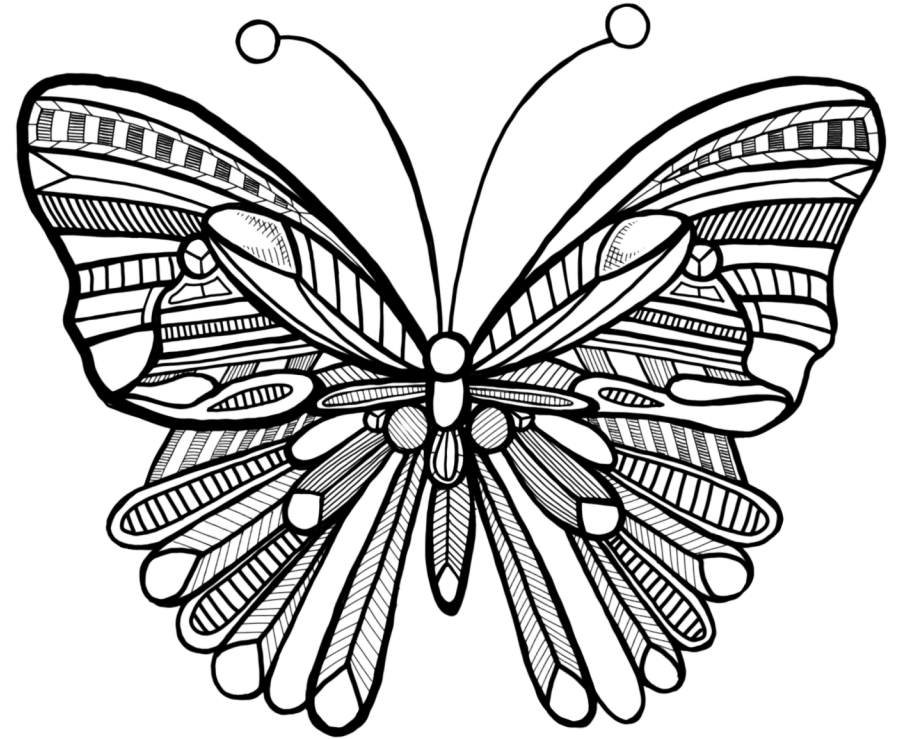
"Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love."

Lao Tzu

3-HEART ACTIVITIES

For each of the random acts of kindness you do below, fill in 3 hearts on your chart.

- Donate diapers, formula, or hygiene products to a local shelter.
- Do a chore for your significant other.
- Send a care package to a family member, friend or anyone you'd like.
- Keep a journal to track the little (but important) things in the lives of your friends and family. Make sure to follow up! Examples might include doctor's appointments, kids' games, school plays, adopting a new dog, birthdays, and more.
- Organize a neighborhood clean-up - gloves and trash bags will do the trick!
- Create a time capsule with special memories & items for the special young people in your life.
- Support a local business or bookstore.
- Take care of a family member who is sick.
- Cook a nutritious and delicious meal to share with your family.
- Buy groceries for someone else.



BE KIND

**ENJOY A CREATIVE MOMENT TO YOURSELF.
COLOR THIS PAGE WITH WHATEVER PENCILS OR PENS YOU
HAVE ON HAND.**

be a friend.

"It is the characteristic of the magnanimous man to ask no favor but to be ready to do kindness to others."

Aristotle



WRITING PROMPT

What would you do if you knew you could not fail?

SNACKS FOR DELIVERY DRIVERS

KINDESS IDEA

Leave a small basket of snacks and refreshments for hard-working delivery drivers.

WRITING PROMPT

Write down 3 things or people for which you are grateful for. Do this activity up to 3 times. For each one, fill in one heart on your tracker.

1. _____

2. _____

3. _____

1. _____

2. _____

3. _____

1. _____

2. _____

3. _____



KINDNESS CHALLENGE: MUSIC FOR ELDERS

MATERIALS NEEDED

Unwanted Music Device

Have an old music device you no longer use but still works? Clear its memory, fill it with 1930's, 40's, and 50's era music then donate it to a local nursing home.

GIVE LOVE.

"Everyone longs to be loved. And the greatest thing we can do is to let people know that they are loved and capable of loving."

Mister Rogers



make a difference.

"Act as if what you do makes a difference.
It does."

William James



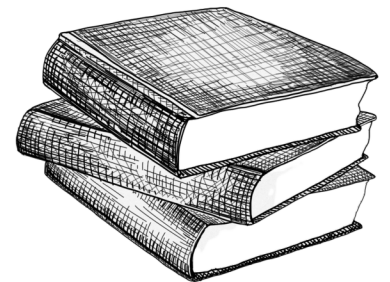
WRITING PROMPT

What are the top ten qualities a friend should have?

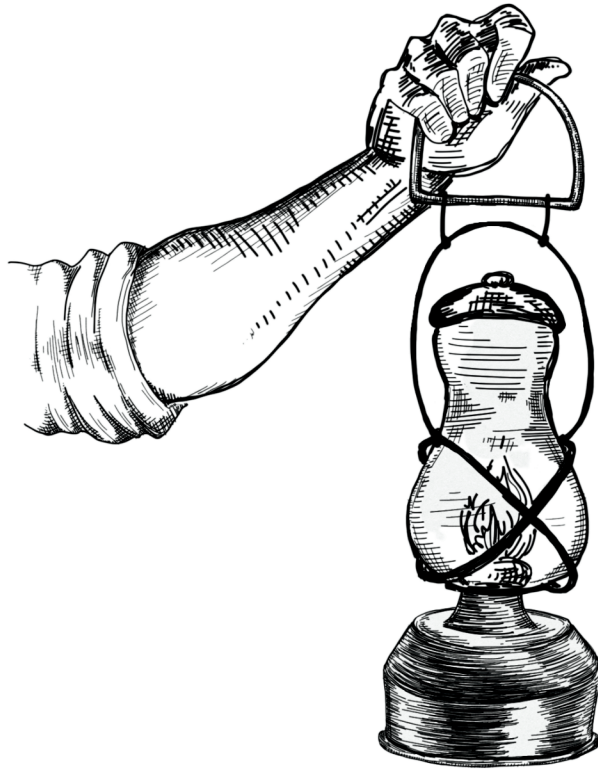
KINDNESS CHALLENGE: BOOK FAIR MONEY

MATERIALS NEEDED
\$8-\$10

Offer to a teacher that you'd like to give \$8-10 to them to quietly give to 2 kids who don't receive money from home to buy a book.



be a light.



"Kindness is gladdening the hearts of those who are traveling the dark journey with us."

Thomas L Odem, Jr.

KINDNESS CHALLENGE: DECORATIVE ENVELOPES

MATERIALS NEEDED

Envelope, Colorful Utensils, and your Creativity (It looks different for everyone!)

Find your favorite pens, pencils, markers, or crayons, and Bring your creativity to an otherwise boring envelope.

The recipient will appreciate the time and effort put in above just sending a letter and will truly make their day.

BECOME AN ORGAN DONOR

So many people are waiting for a transplant, and your healthy organs could save many lives.

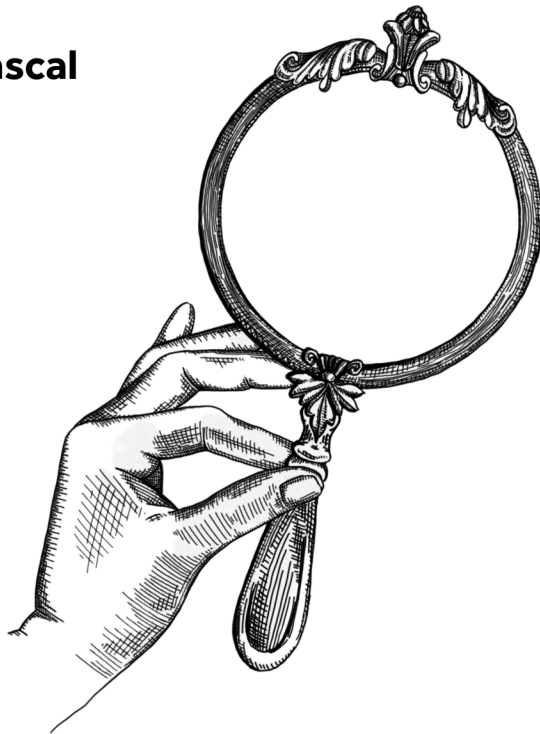


VISIT ORGANDONOR.GOV TO LEARN MORE.

reflect kindness.

"Kind words produce their own image in men's souls; and a beautiful image it is. They soothe and quiet and comfort the healer. They shame him out of his sour, morose, unkind feelings. We have not yet begun to use kind words in such abundance as they ought to be used."

Blaise Pascal



KINDNESS CHALLENGE: SUPPORT SMALL BUSINESSES

MATERIALS NEEDED

COMPUTER, SPENDING MONEY, YOURSELF

SUPPORT THEM DIGITALLY

- **SHARE OR LIKE A POST**
- **TAG A FRIEND**
- **LEAVE A GREAT REVIEW**
- **COMMENT SOMETHING NICE**
- **ATTEND THEIR VIRTUAL EVENTS**

SUPPORT THEM IN PERSON

- **SKIP BIG BOX STORES AND SHOP SMALL**
- **BUY GIFT CARDS FOR LATER**
- **TIP GENEROUSLY**
- **REFER FRIENDS AND FAMILY**
- **ORDER TAKEOUT OR DELIVERY**

VISIT [SBA.GOV](https://www.sba.gov) FOR MORE IDEAS AND INFO.

FIND EVEN MORE INSPIRATION

Scan the QR code below to download our recommended reading list. These books explore kindness concepts and social-emotional learning. Many of the books on this list have received national awards!

Of course, not every book is a great fit for every reader. We encourage you to choose the books that work best for you.



MY KINDNESS READING LIST:

A vertical list of 12 empty horizontal lines, each preceded by a small circle, designed for users to write their own kindness reading list.

JUST FOR FUN

Use the space below to sketch a local landmark or something else that makes your community special and unique.

WANT TO KEEP GOING?

Consider joining our global kindness community by becoming a RAKtivist@! "RAKtivist" is short for "Random Acts of Kindness activist".

It's free to join, so be sure to visit our website to apply:
<https://www.randomactsofkindness.org/become-a-aktivist>

LET'S STAY IN TOUCH!

If you haven't already, please follow us on social media. We post a variety of inspiring kindness content each day!



Remember to send us a photo of your favorite completed page at info@randomactsofkindness.org.

RANDOM ACTS OF KINDNESS
FOUNDATION®

www.randomactsofkindness.org