Kindness Challenge

One playful activity each day • Ages and abilities vary

COMPLETE ONE SMALL CHALLENGE EACH DAY

1 Say good morning	2 Give a kind compliment	3 Help put toys away
4 Share a favorite book	5 Say thank you	6 Hold a door safely
7 Help set the table	8 Listen to a friend	9 Make a thank-you card
10 Share your crayons	11 Help someone clean up	12 Smile at a neighbor
13 Say please politely	14 Ask someone how they are	15 Take turns in a game
16 Pick up paper litter	17 Draw a kind picture	18 Comfort someone gently
19 Tell a loved one thanks	20 Share a helpful idea	21 Let someone go first
22 Use a caring voice	23 Help water a plant	24 Praise someone's effort
25 Invite someone to play	26 Ask before borrowing	27 Apologize if needed
28 Celebrate a friend	29 Write or trace LOVE	30 Name three kind actions

Tick each card as you finish it. Adapt any task to the child's needs.