Kindness Challenge – 20 Ideas

1) Make Someone Smile 😊

- Wave at a stranger
- Tell a joke
- Dress up in a silly outfit to make a friend or family member laugh
- 2) Send an Older Adult Some Love
 - Write a nice card for a senior in Calgary. Here is a link for a group that is coordinating cards: https://www.joingenhelp.com/covid
- 3) Make Kindness Rocks
 - Write happy words or a message on stones and leave them for someone to find.
 - https://www.thekindnessrocksproject.com



- 4) <u>Donate</u>
 - Sort through your toys or clothes and donate anything that you don't use anymore.
- 5) <u>Tell Someone Special How Much They Mean to You</u>
 - Write them a letter
 - Draw them a picture
 - Call or text them
- 6) <u>Clean Something That Isn't Yours</u>
- 7) Write Inspiring Messages
 - Write a message or draw a picture on the sidewalk with chalk.
 - Post a message or picture in your window for your neighbours to see.





8) Help Around the House Without Being Asked

- Set the table
- Help make dinner
- Tidy a room
- Help with dishes
- Fold laundry
- 9) Make A Thank You Card
 - Write a card to thank someone for their hard work. You can write a card for healthcare workers, postal and delivery workers, grocery store clerk, or any other adult you think deserves thanks.
- 10) Clean Up Outside
 - Pick up litter in your neighbourhood or a local park. **Be safe!** Do this with an adult, and make sure you wear gloves.
- 11) Feed Someone
 - Bake some treats for a friend or neighbour
 - Bring a family member their favourite snack
 - Make your parents breakfast in bed
 - Donate food to the local food bank
- 12) Do A Chore For Someone Without Them Knowing

13) Be Kind To Animals

- Make a bird feeder. Here is a video that shows you how: https://www.youtube.com/watch?v=CW7UYp9kLi0
- Leave water outside for dogs walking in the hot weather.
- Bake pet treats and bring them to your favourite neighbourhood pet.
- Donate to a shelter. <u>https://www.calgaryhumane.ca/donate/wishlist/</u>

This act of kindness is Oscar approved!



14) Tidy Your Room Without Being Asked

15) Leave Happy Notes





16) Read A Book to Someone

- 17) Say Hi to A Friend
 - Record a video message or call a friend you haven't seen in a while
- 18) Make a Homemade Gift for Someone
 - Create a beautiful work of art
 - Make a friendship bracelet for a new friend
 - Bake treats
 - Fold some origami, here are some fun ideas: <u>https://www.easypeasyandfun.com/easy-origami-for-kids/</u>
- 19) Do Yardwork for a Neighbour
- 20) Teach Someone Something New

YOU DID IT! Now it is time to do something nice for yourself ©

