



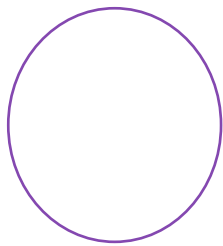
Kindness Challenge



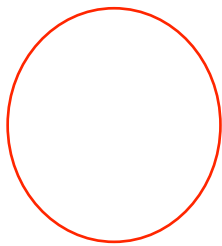
Kindness brings others joy and can make you feel good too! Join the kindness challenge by doing one act of kindness every day this week. Check off each day in the circles at the bottom of the page. Use the ideas below or make up your own.

- Leave a thank you note on your mailbox for your mail person.
- Give a compliment.
- Pick up trash on the ground in your neighborhood.
- Donate old toys or clothes.
- Pick wildflowers and put them in a cup of water – and share with someone else.
- Say hello and smile.
- Clean up a mess in your house without being asked.
- Make chalk art outside with positive messages.
- Make a healthy treat and deliver to a neighbor.
- Make a thank you poster for sanitation workers and hold it up when they drive by to pick up your trash.
- Draw a picture for a friend or family member.

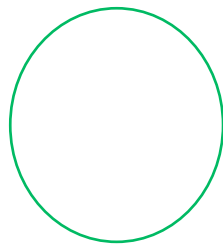
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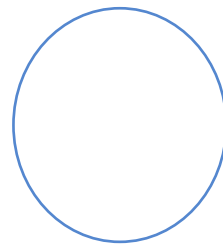
Monday



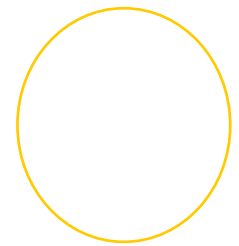
Tuesday



Wednesday



Thursday



Friday