

WISH A STRANGER MERRY CHRISTMAS

SMILE AT 25 PEOPLE

SLIP A NICE NOTE IN YOUR FRIENDS BACKPACK

COMPLIMENT 5 PEOPLE

PICK UP 10 PIECES OF TRASH

MAKE A NEW FRIEND

TELL A JOKE AND MAKE SOMEONE LAUGH

BE KIND TO YOURSELF AND EAT A HEALTHY SNACK

LEARN SOMETHING NEW ABOUT YOUR TEACHER

DRAW A PICTURE AND GIVE IT TO SOMEONE

HELP A YOUNGER STUDENT

GIVE A KIND HANDSHAKE TO GREET A CLASSMATE

RECYCLE YOUR TRASH

HUG YOUR FRIEND

PICK UP TRASH OUTSIDE YOUR SCHOOL

CUT OUT 10 HEARTS AND GIVE THEM TO FRIENDS

ENTERTAIN SOMEONE WITH A HAPPY DANCE

MAKE A KIND POSTER FOR THE CAFETERIA HELPERS

WALK TO SCHOOL

SAY GOOD MORNING TO 15 PEOPLE

SAY A PRAYER FOR A CHILD IN ANOTHER COUNTRY

INVITE A NEW FRIEND TO PLAY/HANG OUT WITH YOU

SIT WITH A NEW GROUP OF KIDS AT LUNCH

READ A BOOK TO A YOUNGER CHILD

GIVE AN APPLE OR A NOTE TO YOUR TEACHER

STEP UP FOR SOMEONE IN NEED

MAKE A "KINDNESS MATTERS" SIGN

HOLD THE DOOR OPEN FOR SOMEONE

PAT YOURSELF ON THE BACK

WRITE "THANK YOU" ON A BAND-AID FOR THE NURSE

LISTEN TO YOUR TEACHER THE FIRST TIME

WHISPER THANK YOU TO THE LIBRARIAN

HELP SOMEONE UP IF THEY FALL DOWN

LEND A PENCIL TO A FRIEND

BRING A FLOWER TO THE OFFICE STAFF

SHOW APPRECIATION TO YOUR PRINCIPAL CREATIVELY

HELP YOUR TEACHER WITH A NEEDED TASK

GIVE YOUR FRIEND A HIGH FIVE

MAKE A FRIENDSHIP GIFT FOR SOMEONE NEW TO YOU

CREATE YOUR OWN KIND DEED