

KINDNESS CHALLENGE

Make the world a better place.

You don't need a reason to be kind. Kindness is always a choice. The more you practice it, the more natural it becomes. Practice being kind each day for the next 14 days by choosing 1-4 ideas from the lists below. You can choose from one category or all four each day. Choose your level of kindness. Add your own ideas as well...

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KINDNESS to SELF

- Do something that makes you happy today
- Exercise for 10 minutes and get your heart pumping
- Smile more often
- Avoid complaining for the entire day
- Create a new game and play it with friends and family
- Take time to practice mindfulness
- Take long slow deep breaths for 3 minutes
- Listen to your favourite music



KINDNESS to FAMILY

- Help with the chores without being asked
- Express your gratitude to your family
- Play a game with a family member
- Wash Mum or Dad's car
- Make a handmade card for someone in your family
- Tidy up after yourself
- Surprise a family member by doing their job for them
- Cook a meal
- Leave a special note on a family member's pillow



KINDNESS to OTHERS

- Write a letter or note to someone out of town and post it
- Bake a cake or your favourite food and deliver it to a friend or someone in need
- Find opportunities to give compliments today
- Say "thank-you" as much as possible
- Hold the door open for the person behind you
- Do something kind for a stranger
- Greet people with a Hug, High Five or Handshake



KINDNESS to PLANET

- Use less plastic
- Drink from a reusable water bottle
- Turn off the lights when you leave the room
- Use reusable shopping bags
- Pick up 5 pieces of litter
- Walk more, drive less
- Recycle
- Make a piece of art work from recycled materials

