30 DAY KINDNESS CHALLENGE

Colour a box each day you do the kind act.

1 Smile at 3 people	**2** Say thank you	**3** Share a snack	**4** Help at home	**5** Draw a card
6 Hold a door	**7** Give a hug	**8** Say hello	**9** Pick up litter	**10** Read to someone
11 Feed the birds	**12** Help a friend	**13** Tidy your room	**14** Write a note	**15** Make someone laugh
16 Water a plant	**17** Thank a helper	**18** Play fair	**19** Include someone	**20** Give a compliment
21 Call grandma	**22** Share a toy	**23** Help a teacher	**24** Be patient	**25** Say sorry
26 Listen well	**27** Help cook	**28** Donate a toy	**29** Be gentle	**30** Be kind to you