

How to Use the **Monthly Kindness Challenge**



- 1. Print out a copy of the record sheet for each child.**
- 2. Go over the ideas for each day of the week and make sure they understand what each one means.**
- 3. Encourage kids to do at least one kind thing a day, following the record sheet. So on the **Monday** of the first week, they'll use their manners with a classmate or friend. And on **Tuesday** of the second week, they'll be helpful to someone younger than them, and so on.**
- 4. Once they've been kind for the day, they can color in the box, put a stamp in it, or a sticker.**
- 5. When the month is up, and they've filled in their kindness boxes, print out another recording sheet and start again because building a kind act a day will make kindness a habit.**

Name: _____

Monthly Kindness Challenge



Month: -----	Week 1: Classmate or Friend	Week 2: Younger Kid	Week 3: Adult at School	Week 4: Someone you Don't Know
Monday: Manners, please				
Tuesday: Be Helpful				
Wednesday: Mindful of Others				
Thursday: Empathy and Compassion				
Friday: Friendly				

Monthly Kindness Challenge Ideas

Monday: Manners, please

- *Say 'Please,' 'Thank you,' 'You're welcome'
- *Say 'Bless you' and 'Excuse me'
- *Wait your turn, be patient
- *Be quiet when you need to be and don't interrupt
- *Don't take all the supplies, offer to share what you have
- *Follow the rules of the game/sport and be fair

Tuesday: Be Helpful

- *Do a task/job/chore for someone else without them knowing
- *Help someone who is hurt
- *Ask, "Can I help you?"
- *Pick something up and return it/return a lost item
- *Do your chores/classroom job without complaining
- *Pick up trash, even if it's not yours

Wednesday: Mindful of Others

- *Move to the right/stay to the right so others can pass
- *Asking others what they want to do/play/watch/listen to
- *Hold doors for others
- *Clean up after yourself, keep your things in your space/desk/room
- *Offer to share/split the last snack/cookie/supply
- *Tuck your feet in/under you so people don't trip

Thursday: Empathy and Compassion

- *Ask how someone is feeling.
- *Stand up for a classmate/friend.
- *Cheer for someone who is doing something hard
- *Give someone a compliment
- *Cheer someone up who is sad or hurt
- *THINK before you speak so you say kind words

Friday: Friendly

- *Smile at someone you don't know
- *Say "Hi," "Hello," "What's Up?" and "Good bye"
- *Ask if someone wants to play/sit/join in/hang out.
- *Introduce yourself to someone new
- *Make room so someone else can sit/join
- *If someone asks to be your partner, say "yes"