

# 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



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

# 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"