



The Great Kindness Challenge

Kindness Unites

We challenge you to complete as many acts of kindness as you can. Remember, social distancing is kind, too!

Community Edition-Adults
Socially Distanced

Kind Acts

- Send a thank you note to a former teacher/professor
- Send someone a handwritten letter or postcard
- Cook someone a meal
- Bake someone treats
- Send daily affirmations to a friend, family member, or colleague
- Make someone a playlist
- Give someone a book
- Give someone in your household a hug
- Write a list of things you love about someone
- Wash someone's car
- Send someone a care package
- Schedule a family game night
- Watch a movie with a friend on Zoom
- Bring doughnuts or desserts to work
- Leave a positive sticky note on someone's desk
- Lend out your umbrella when it's pouring outside
- Make two lunches for work and give one away
- Teach someone a recipe on a video call
- Recycle your trash
- Donate children's books to local shelters
- Leave quarters at the laundromat
- Pay the toll for the person behind you
- Give five compliments
- Leave a larger than normal tip
- Buy someone behind you in line his or her morning coffee
- Say "thank you for your service" to first responders, nurses, military personnel, and teachers
- Leave a thank you note for an essential worker
- Let someone behind you at the supermarket checkout first
- Send dessert to another table
- Give someone a flower or bouquet
- Carry a \$5 gift card with you and give it someone randomly
- Arrange to have a cup of tea and virtual catch up with a friend
- Help with a household chore at home
- Tell someone you know that you are proud of him or her
- Send a motivational text to a friend who is struggling...
- Send someone you know a joke to cheer them up
- Send an inspirational quote to a young person
- Smile at someone... just because
- Step back and hold the door open for five people
- Contact someone you have not seen in a while
- Have a random dance party with your child(ren)
- Reach out to call a friend, family member or neighbor who is experiencing loneliness or self-isolation.
- Wave hello to 25 people
- Give praise to your colleague for something they have done well
- Arrange to have a video lunch with a colleague
- Offer to skill share with a friend via video call - you could teach guitar, dance etc.
- Pay for the person meal behind you in the drive-thru line
- Give up a good parking spot



#GreatKindnessChallenge

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(Your Name Here)