

Kindness Challenge Calendar

Day	Challenge	Day	Challenge
1	Give someone a compliment.	16	Help clean up without being asked.
2	Say “thank you” to someone special.	17	Share your favorite book or toy.
3	Draw a kind picture for a friend.	18	Let someone go ahead in line.
4	Write a thank-you note to a teacher.	19	Smile at 5 people you meet today.
5	Help a family member with a chore.	20	Say something nice to a classmate.
6	Pick up litter in your neighborhood.	21	Share a snack with someone.
7	Tell a funny joke to make someone laugh.	22	Invite someone to play or join you.
8	Hold the door open for others.	23	Say “good morning” with a big smile.
9	Help a friend with homework.	24	Write a poem or story about kindness.
10	Donate toys or clothes you don’t use.	25	Say “please” and “thank you” all day.
11	Listen carefully when someone talks.	26	Give a hug or high five to a friend.
12	Share your favorite game or app.	27	Help set the table for a meal.
13	Say “sorry” if you hurt someone’s feelings.	28	Encourage someone who is feeling sad.
14	Compliment a family member.	29	Leave a kind note for someone to find.
15	Help a neighbor with a small task.	30	Tell someone why you appreciate them.