

Kindness Challenge

How many of these can you complete over the summer? Challenge your friends and siblings to see who can do the most! Check out jessapillowcaseproject.com for ideas and to see how Jessa and her siblings and friends are doing on their challenge. Good Luck! Be Kind!!!

1 Write a letter to someone	2 Say thank you	3 Clean up without being asked	4 Hold a door for someone	5 Help out with a smile
6 Give someone a hug	7 Share with someone	8 Play with someone new	9 Leave a kind note in a library book	10 Say hello to someone new
11 Compliment a stranger	12 Call someone you miss	13 Do a chore for a sibling	14 Play a board game with someone	15 Hold a door for someone
16 Hide a note for someone	17 Set the table without being asked	18 Help cook dinner	19 Let someone go first	20 Pick up trash
21 Don't complain for a day	22 Say I love you to someone	23 Smile	24 Heart attack someone	25 Make someone laugh
26 Donate toys	27 Tell a joke	28 Take a treat to someone	29 High five a friend	30 Thank your parents
31 Donate to a children's hospital	32 Take out the trash	33 Call your grandparent	34 Fill the bird feeders	35 Don't interrupt
36 Pull weeds for someone	37 Be extra kind to your family	38 Draw a picture for someone	39 Teach someone how to do something	40 Give flowers to someone
41 Be patient	42 Ask your parent how you can help	43 Leave a kind note on a car	44 Make a new friend	45 Don't argue
46 Apologize to someone	47 Share your talents	48 Have a happy attitude	49 Give a random gift to a friend	50 Make a sibling's bed and leave a kind note