



KINDNESS

FAMILY CHALLENGE

The power of a kind word or deed is amazing, and it feels really great to be the recipient and the giver.

That's why we've designed the Kindness Family Challenge—to give your family the opportunity to spread positivity and joy around your community and in your home together in one day (or one morning, one afternoon, one evening).

HOW IT WORKS

01

Schedule the Kindness Challenge ahead of time. Set aside an evening or afternoon, if possible. Make sure to mark it on everyone's digital or physical calendars, and post the date somewhere in your home where everyone can see it.

02

Do some easy preparation. Read through the challenges on the next page and gather any supplies that you don't already have on hand.

03

Complete as many challenges as you can. When the date comes, have your family choose as many Kindness Challenges as you have time for—we suggest at least five.

04

Keep spreading the kindness. If there are some you don't get to, just remember that you can hold a Kindness Family Challenge The Sequel on another afternoon or evening!

Etc.

Add an element of surprise. Instead of choosing challenges off the list, cut the ideas out, place the slips of paper in a bowl, and randomly select an idea! *This is a great option for families with older kids and teens.*

 <p>Have food delivered to another family.</p>	<p>Organize a special gift for your kid's teacher or small group leader.</p>	 <p>Help someone load their groceries into their car.</p>
<p>Paint rocks with kind messages and leave them scattered around town.</p>	<p>Give away your parking spot.</p> 	<p>Donate gently-used toys to a local charity.</p>
<p>Each person in your family write a "thank you" note to someone and mail them.</p>	<p>Say "Good morning/afternoon/evening" to at least five people.</p>	<p>Make and display a "Kindness Matters" sign in your house or car window.</p>
<p>Donate something to an animal shelter.</p> 	<p>Write positive messages on sidewalks with chalk.</p>	<p>Write a silly poem and text or email it to a friend or family member.</p>
<p>Start a piggy bank for a specific cause you all agree on.</p>	<p>Volunteer to shop or run errands for the elderly or immunocompromised.</p>	<p>Pay for the order behind you in a drive-thru.</p> 
<p>Sincerely compliment five people.</p>	<p>Offer to walk a neighbor's dog.</p> 	<p>Gather up and return the scattered carts in a grocery store parking lot.</p>
<p>Pick up trash around town.</p>	<p>Spotlight a neighbor of the week and, as a family, do something for that person or family.</p>	<p>Leave sticky notes with compliments written on them on public restroom mirrors.</p>
<p>Cut out 10 hearts and write positive messages on them, leaving them behind the windshield wipers on 10 cars.</p>	<p>Leave a bouquet of flowers on someone's doorstep.</p>	<p>Let a family cut in front of your family in a line.</p>
<p>Facetime a family member together.</p> 	<p>Tape dollar bills to shelves at the dollar store.</p>	<p>Wash someone's car.</p> 
<p>Walk a neighbor's trash cans back up their driveway after garbage service.</p>	<p>Try to go the entire afternoon or evening only saying kind things. If you mess up, start over and try again.</p>	<p>Share this Kindness Challenge with another family.</p> 