

A KINDNESS CHALLENGE TO

**make
kindness
the norm.**TM 

IN YOUR NEIGHBORHOOD

for ages 13 - 19

**IMAGINE A WORLD
WHERE WE CAN SUCCEED
BY BEING NICE, WHERE WE
ALL LOOK OUT FOR EACH
OTHER, WHERE WE ALL
PAY IT FORWARD, AND
WHERE KINDNESS IS THE
NORM.**

"When I say it's you I like, I'm talking about that part of you that knows that life is far more than anything you can ever see or hear or touch. That deep part of you that allows you to stand for those things without which humankind cannot survive. Love that conquers hate, peace that rises triumphant over war, and justice that proves more powerful than greed."

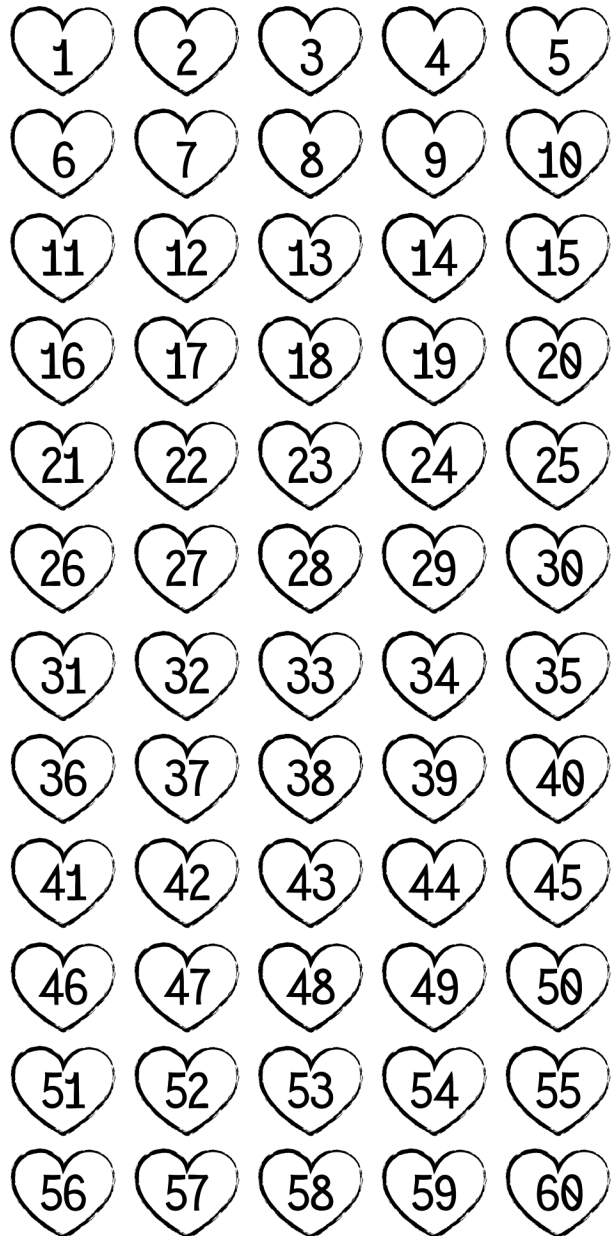
Mister Rogers

**BY PARTICIPATING IN THIS
PERSONAL CHALLENGE,
YOU ARE HELPING TO
CREATE THAT WORLD.**

Participating in this personal challenge is simple. On the next page, you'll see a grid of 60 hearts. Your goal is to fill in each of those hearts by completing random acts of kindness.

These random acts of kindness were designed to be done in your community, so you can choose to do any of the activities in any order.

When you've filled in all 60 hearts, be sure to send us a photo of your favorite completed challenge page at info@randomactsofkindness.org.



1-HEART ACTIVITIES

For each of the random acts of kindness you do below, fill in one heart on your chart.

- Video call your grandparents.
- Tell the people you love how you feel about them.
- Share a positive news story with someone.
- Leave a nice comment on someone's post.
- Create an upbeat playlist of songs that make you want to dance, and share it with a friend.
- Put down your phone during meals.
- Say, "good morning" to the first person you see.
- Throw trash away. Don't leave it on the ground.
- Help a teacher clean up.
- Click on Goodsearch and check out their programs. Each time you search the web or shop online, they will make a donation to your favorite charitable cause.
- Give a compliment to someone, just because.
- Do a chore around the house without being asked.

2-HEART ACTIVITIES

For each of the random acts of kindness you do below, fill in 2 hearts on your chart.

- Reach out to someone and ask them how they're doing.
- Take a selfie with a specific # to raise awareness about something you're passionate about.
- Hide fun notes for the special people in your life to find.
- Listen to a friend and don't judge.
- Start a gratitude jar. Write one thing you're grateful for on a sticky note each week and put it in the jar. At the end of the year, read them all and reflect on everything you have in your life.
- Put positive messages on sticky notes and leave them around.
- Get in touch with your inner child and read your favorite children's book.
- Donate old cell phones to domestic violence survivors. Any phone can be donated to your local Verizon store.

2-HEART ACTIVITIES CONTINUED

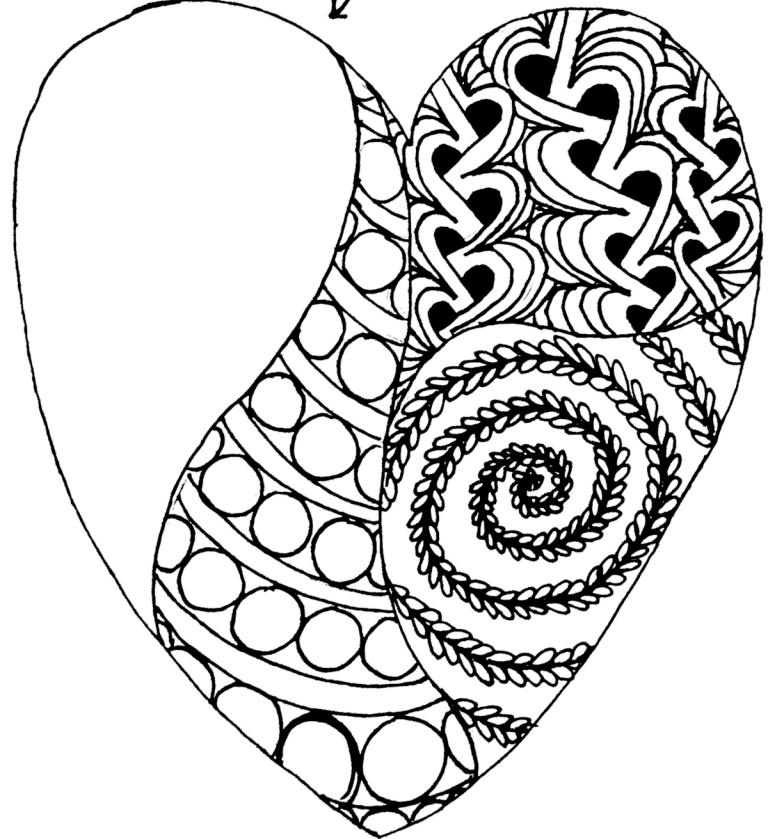
- Share your gift with others. It can be an art project, a song, a short story, a dance, a poem, or anything else that showcases your special talents.
- Share with someone why they are important or special to you.
- Spend time with and listen to a story from the elderly. (They have had amazing lives. You can learn a lot from them).
- Show your gratitude to healthcare workers by creating colorful and thoughtful thank you cards.
- Donate old toys, bikes, or sports equipment to a nonprofit or youth organization.
- Write a note to someone who has given you support. It is very meaningful for a family member to receive a handwritten note.

3-HEART ACTIVITIES

For each of the random acts of kindness you do below, fill in 3 hearts on your chart.

- Offer to mentor a younger kid (check out our 0-12 Kindness Challenge book).
- Bake something yummy for a neighbor.
- Offer to babysit for a single parent or someone with a busy schedule.
- Join or start a club at school that generates positivity and benefits others.
- Cook a healthy meal for you and your family.
- Take a break from social media for 48 hours and check in with yourself. Remember being kind is also about self-care.
- Invite someone sitting alone to sit with you.
- Volunteer to help with a local event.
- Take time to check on your classmates AND your teacher.
- Stand up for someone who is being teased or bullied.
- Allow someone to help you, even if you don't like being or asking for help. (It makes others feel good).

fill this space on your own!



**ENJOY A CREATIVE MOMENT TO YOURSELF.
COLOR THIS PAGE WITH WHATEVER PENCILS OR PENS YOU
HAVE ON HAND.**

3-HEART ACTIVITIES (CONTINUED)

- Read to animals at a shelter. They are lonely and would love a visitor!
- Have a conversation with someone who is standing alone at a social event.
- Organize a local food drive. Announce on a local bulletin board (physical or digitally) - include where donations will be accepted and during what time period. Be sure to mention where donations will be delivered once the drive is complete.
- Practice self-care by engaging in exercise, meditation, or by talking to someone about how you feel.
- Stand up for a friend who is being mistreated or bullied, and remember that you can always be an ally. The friend will never forget how you came to their aid when needed.

WRITING PROMPT

What is your favorite song right now? Why?

"A great song should lift your heart, warm the soul and make you feel good."

Colbie Caillat



love others.



"I think you realize how much you need to have people that you love. It's not as much about them loving you — it's about you needing to love people."

Chadwick Boseman

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou

WRITING PROMPT

How would your best friend describe you? How would you describe yourself?

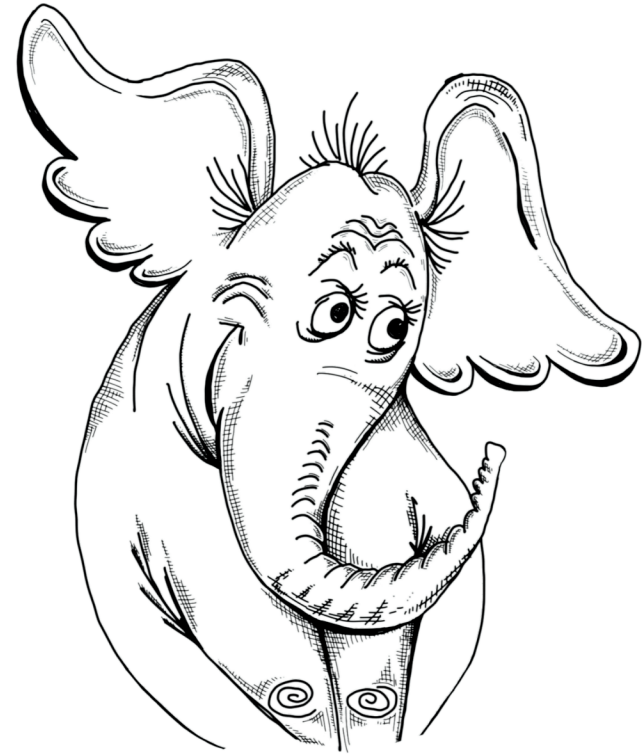
"What I try to tell young people is that if you come together with a mission, and its grounded with love and a sense of community, you can make the impossible possible."

John Lewis

WRITING PROMPT

How can you best share your gifts with the world?

be yourself.



"Today you are you, that is truer than true. There is no one alive who is youer than you."

Thomas L Odem, Jr.

FIND EVEN MORE INSPIRATION

Scan the QR code below to download our recommended reading list. These books explore kindness concepts and social-emotional learning. Many of the books on this list have received national awards!

Of course, not every book is a great fit for every reader. We encourage you to ask a parent or teacher to help you choose the books that work best for you.



MY KINDNESS READING LIST:

A vertical list of 12 empty horizontal lines, each preceded by a small circle, designed for users to write their own kindness reading list entries.

JUST FOR FUN

Use the space below to sketch a local landmark or something else that makes your community special and unique.

WANT TO KEEP GOING?

Consider joining our global kindness community by becoming a RAKtivist@! "RAKtivist" is short for "Random Acts of Kindness activist".

It's free to join, so be sure to visit our website to apply:
<https://www.randomactsofkindness.org/become-a-aktivist>

LET'S STAY IN TOUCH!

If you haven't already, please follow us on social media. We post a variety of inspiring kindness content each day!



Remember to send us a photo of your favorite completed page at info@randomactsofkindness.org.

RANDOM ACTS OF KINDNESS
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www.randomactsofkindness.org