

# ACTS of kindness

## CHALLENGE

Your challenge, should you choose to accept it, is to complete enough "Acts of Kindness" activities to fill in the 50 hearts on this page. Each act of kindness is worth one, two or three hearts. See the next page for activity ideas.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50

# ACTS of kindness

## CHALLENGE ACTIVITIES

One-heart activities are quick and easy, two-heart activities are more involved, and three-heart activities are challenging & take more time.

1 

*You can do each of these up to 4 times*

- Write in a journal. For prompts, visit [randomactsofkindness.org](http://randomactsofkindness.org)  
\_\_\_ \_\_\_ \_\_\_
- Drink 64 oz. of water every day  
\_\_\_ \_\_\_ \_\_\_
- Exercise or go for a walk daily  
\_\_\_ \_\_\_ \_\_\_
- Offer to mow a lawn, rake leaves or shovel snow for a neighbor  
\_\_\_ \_\_\_ \_\_\_
- Buy a beverage or treat for the person in line behind you #payitforward  
\_\_\_ \_\_\_ \_\_\_
- Hold the door open for someone  
\_\_\_ \_\_\_ \_\_\_
- Write down 4 things for which you're thankful \_\_\_ \_\_\_ \_\_\_
- Give someone a genuine compliment \_\_\_ \_\_\_ \_\_\_

2  

- Go to a local farmer's market and buy ingredients for a fresh, healthy meal
- Give away clothing that no longer fits, or functioning items you no longer use
- Buy from a locally-owned business
- Tip service workers generously
- Pick up litter around your neighborhood—be sure to wear gloves and a mask
- Mail a handwritten card or letter to a friend or family member



3   

- Call a local school and ask about paying off overdue lunch accounts, or donate to [schoolslunchfairy.org](http://schoolslunchfairy.org)
- Leave a positive online review for a favorite local business
- Register to vote\*
- Take a nature walk
- Read a challenging book
- Contact one of your government representatives about an issue that's important to you
- Order takeout food from a local restaurant or food truck
- Sign up to be an organ donor\*
- Gift an experience to someone instead of an object

*\*If you've already done this, mark/color in 3 hearts*

*Adapted from the Random Acts of Kindness Foundation's "Kindness Challenge" • [randomactsofkindness.org](http://randomactsofkindness.org)*