

30 DAYS OF KINDNESS CHALLENGE

- 1 Send a card saying, "You rock! Be brave today!" or "You are awesome!" to: Cards for Hospitalized Kids, 7290 W. Devon, Chicago, IL
- 2 Sincerely compliment a peer, not on their clothes or outward appearance, but on their character.
- 3 Gather books, clothing, or other items that are in like-new condition.
- 4 Write encouraging notes on sticky notes and leave them on others' mirrors: "You're amazing!" "You're awesome!"
- 5 Read a book to a young child. Then read a few news or magazine articles to a senior citizen.

# 30 DAYS OF

# KINDNESS

# Challenge

- 6 Smile and say thank you to everyone who helps you. Something kind and courteous for you.
- 7 Smile and say good morning (or hello) to every teacher today you leave their room. Thank them to have a great day.
- 8 Let someone go ahead of you in line for no reason.
- 9 If someone you know is hurting or discouraged, ask, "What can I do to help?"
- 10 Smile and say good morning (or hello) to every teacher today you leave their room. Thank them to have a great day.
- 11 Write a few random notes or short poems to a total stranger for a good day and hide the notes in library books.
- 12 When you hear someone gossiping about someone, find 20 seconds of courage to stand up for the person and say something kind about them.
- 13 Write your principal a quick note telling her how you're doing.
- 14 Hang out with a friend.
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- 26 Do a couple loads of laundry without being asked. Fold the clothes (or towels) and put them away.
- 27 Make homemade playdough for a preschool class and deliver it.
- 28 Send a text, email, or Facebook message to your parent(s) or guardian(s). Tell them why you are grateful for them.
- 29 Hold the door open for people behind you. Smile at them as they pass by.
- 30 Did someone brighten your week with a kind action or kind words? Tell them! Thank them!



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# 30 Days of Kindness Challenge

**About** Build a strong and caring community environment and help your students make a positive difference in their world by encouraging them to be intentionally and actively kind both inside and outside the classroom with this 30 Days of Kindness Challenge!

- Ideas**
- Print the cardstock and laminate so students and their families can use it over and over again.
  - Take a few minutes each day to tell students about your experience completing the previous day's challenge. Allow time for students to share their own experiences, as well.
  - Discuss with students the importance of choosing to be kind. Have them brainstorm why kindness is important for both the recipient and the giver.
  - Have students reflect on their acts of kindness by writing about how it makes others feel and how it makes them feel. (Reflection sheets provided)
  - Have students analyze quotes on kindness. (Analysis sheets provided)
  - Facilitate a class discussion on the difference between random acts of kindness and intentional acts of kindness and the benefits of both.

**Extension** At the end of the challenge, give each student a blank template and have them work in groups, pairs, or alone to come up with their own intentional acts of kindness, giving them the opportunity to take ownership of actively looking for ways to be kind and to carry on the challenge.

## Click on These Other Resources You May Also Like!

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Each reward coupon includes a note of appreciation recognizing diligent work and positive choices, so these tangible rewards can be integrated beautifully with growth mindset!



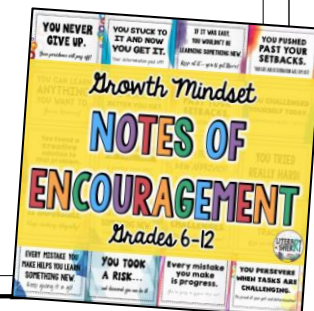
### Growth Mindset Classroom Posters

50 "Change Your Words, Change Your Mindset" posters sets your classroom up for successful recognition of growth mindset all year!



### Growth Mindset Notes of Encouragement

Ready to print, cut, and go, these 72 notes of encouragement were designed for Middle School and High School students! BONUS: They coordinate with Growth Mindset Posters!





# 30 DAYS OF KINDNESS CHALLENGE



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<p><b>6</b> Smile and say thank you to everyone who does something kind or courteous for you today.</p>	<p><b>7</b> Clean the kitchen without being asked. Wash dishes, clean the counters and stovetop, and take out the trash.</p>	<p><b>8</b> Send a note, text, or email to someone with whom you've lost touch. Tell them what you miss most about them.</p>	<p><b>9</b> Frustrated? Angry? Assume the other person acted with good intent and didn't hurt your feelings on purpose. Let them off the hook.</p>	<p><b>10</b> Call a grandparent, aunt, uncle, or elderly neighbor and ask, "How are you today?" When you hang up, say, "Have a really good day!"</p>
<p><b>11</b> Smile and say good morning (or hello) to every teacher today. As you leave their room, tell them to have a great day.</p>	<p><b>12</b> Pick up any litter you see today and throw it away.</p>	<p><b>13</b> Offer to walk a neighbor's dog.</p>	<p><b>14</b> Hang out with a parent, grandparent, aunt, or uncle. Put your phone away, ask questions, and really listen to the answers.</p>	<p><b>15</b> Write a few random notes or short poems wishing a total stranger a good day and hide the notes in library books.</p>
<p><b>16</b> Let someone go ahead of you in line for no reason.</p>	<p><b>17</b> Put your neighbor's trash bins away for them after trash pick-up.</p>	<p><b>18</b> Send a text, email, or Facebook message to someone who inspires you that reads: YOU are awesome! Have an amazing day!</p>	<p><b>19</b> Leave a thank you note in your mail box for your mail carrier that says: We really appreciate you!</p>	<p><b>20</b> When you hear others gossiping about someone, find 20 seconds of courage to stand up for the person and say something kind about them.</p>
<p><b>21</b> If someone you know is hurting or discouraged, ask, "What can I do to help?"</p>	<p><b>22</b> Bake some cookies or brownies and deliver them to a neighbor or to your local fire or police department.</p>	<p><b>23</b> Gather the ingredients for your favorite meal and deliver them to a food bank or a family in need.</p>	<p><b>24</b> Talk to someone at school you've never before conversed with. Ask them how their day is going.</p>	<p><b>25</b> Write your principal a quick note telling her or him why you especially appreciate one (or more!) of your teachers.</p>
<p><b>26</b> Do a couple loads of laundry without being asked. Fold the clothes (or towels) and put them away</p>	<p><b>27</b> Make homemade playdough for a preschool class and deliver it.</p>	<p><b>28</b> Send a text, email, or Facebook message to your parent(s) or guardian(s). Tell them why you are grateful for them.</p>	<p><b>29</b> Hold the door open for people behind you. Smile at them as they pass by.</p>	<p><b>30</b> Did someone brighten your week with a kind action or kind words? Tell them! Thank them!</p>

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# Every act of kindness grows the spirit and strengthens the soul.

Directions: Reflect on the first 10 days of the 30-Days of Kindness Challenge:

What kind things did you do for others?

How do you think these intentional acts of kindness made others feel?

How did these intentional acts of kindness make you feel?



*A little spark of kindness can put a colossal burst of sunshine into someone's day!*

Directions: Reflect on the first 20 days of the 30-Days of Kindness Challenge:

What kind things did you do for others?

How do you think these intentional acts of kindness made others feel?

How did these intentional acts of kindness make you feel?



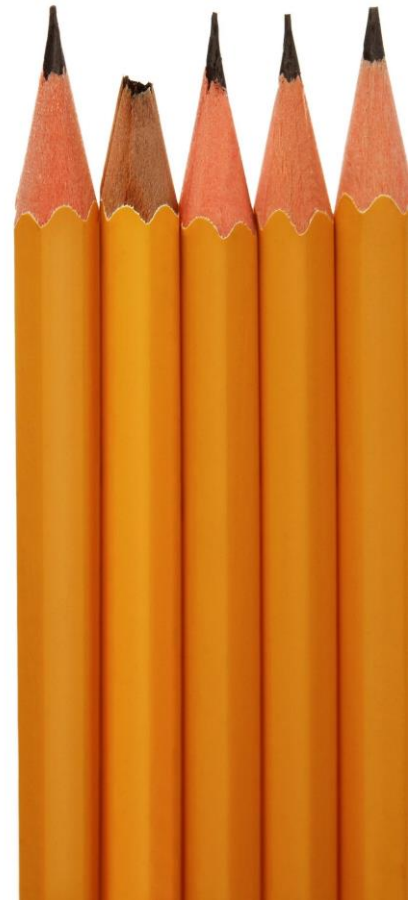
# Throw kindness around like confetti!

Directions: Reflect on the 30-Days of Kindness Challenge:

How do you think your intentional acts of kindness made others feel about themselves?

How did these intentional acts of kindness make you feel about yourself? How did they make you feel about others?

Create your own 30 Days of Kindness Challenge by filling in the 30-day template with intentional acts of kindness you would like to complete for the next 30 days. Challenge a friend or family member to complete your template with you!





# 30 DAYS OF KINDNESS CHALLENGE

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

# Every act of kindness grows the spirit and strengthens the soul.

What literary devices are used in this quote and how do they make the quote stronger or more effective?

Illustrate this quote in a drawing:



What does this quote mean to you?



*A little spark of kindness can put a colossal burst of sunshine into someone's day!*

What literary devices are used in this quote and how do they make the quote stronger or more effective?

Illustrate this quote in a drawing:



What does this quote mean to you?

# Throw kindness around like confetti!

What literary devices are used in this quote and how do they make the quote stronger or more effective?

Illustrate this quote in a drawing:



What does this quote mean to you?



# Literature

**The GIVER Unit**  
A 4-week unit based on *The Giver* by Lois Lowry

Includes: Student Packet, Teacher Packet, Unit Overview, Lesson Plans, Activities, Assessments, and more!

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**Unit Plan The Outsiders**  
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Perfect for Grades 6-8

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**STUDY GUIDE: Elements of Poetry**

Reference Sheet and Study Guide

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# Classroom Management

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Build a Caring and Inclusive Community of Learners  
Build Rapport with Students  
Access Learning and Communication Styles

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**First Days of Middle School: Forms and Checklists**

Middle School Teacher's Survival Kit: All the Forms and Checklists You Need to Get Organized and Manage a Successful Middle School Classroom

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**Tools for Positive Behavior Management**

Tools and strategies to use with teens and tweens to decrease off-task behaviors, increase learning, and build a nurturing classroom environment!

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**4-TIER BEHAVIOR MANAGEMENT PLAN**

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