

30-DAY KINDNESS CHALLENGE

Print and hang this in a high visibility space. Check the boxes as you complete your kindness challenges.

<input type="checkbox"/> Bake something for your neighbour	<input type="checkbox"/> Compliment a coworker	<input type="checkbox"/> Express gratitude and appreciation to someone who helped you	<input type="checkbox"/> Make a card for someone	<input type="checkbox"/> Text someone an encouraging message
<input type="checkbox"/> Pick up trash off the ground	<input type="checkbox"/> Smile at everyone you pass today	<input type="checkbox"/> Put your phone away when you're talking to others	<input type="checkbox"/> Visit someone who seems lonely	<input type="checkbox"/> Let someone know they matter
<input type="checkbox"/> Write a positive review for a local business you appreciate	<input type="checkbox"/> Let someone check out in front of you at the store	<input type="checkbox"/> Lend someone your favourite book	<input type="checkbox"/> Run an errand for someone	<input type="checkbox"/> Do the dishes when it's not your turn
<input type="checkbox"/> Donate to a local food bank	<input type="checkbox"/> Go on a nature walk and pick up garbage as you go	<input type="checkbox"/> Lend a helping hand to someone in need	<input type="checkbox"/> Listen attentively when people are talking	<input type="checkbox"/> Brighten someone's day with flowers
<input type="checkbox"/> Write a thank you note for a server, nurse, teacher, clerk, or anyone who serves you often	<input type="checkbox"/> Pay for coffee for the person in the car behind you in the drive-thru	<input type="checkbox"/> Help a neighbour with their yard work	<input type="checkbox"/> Babysit for someone who could use a break	<input type="checkbox"/> Donate anonymously to someone in need
<input type="checkbox"/> Be the first to say "I'm sorry"	<input type="checkbox"/> Wash someone else's vehicle	<input type="checkbox"/> Write a thank you note to someone who was kind to you	<input type="checkbox"/> Buy a re-useable shopping bag for someone who forgot theirs	<input type="checkbox"/> Look for the kindness that is all around you!

This is a community-wide initiative organized by: