

RBSMS presents



The Great Kindness Challenge

We challenge you to perform as many kind deeds as you can in a week. Using this list, check off your acts of kindness as you go.

Have fun!



Dignity Health.

January 23-27, 2017

Acts of Kindness Checklist

- ☺ Smile at 25 people
 - ☺ Do a household chore without being asked
 - ☺ Pick up trash around campus
 - ☺ Read a book to a younger child
 - ☺ Say "thank you" to a police officer
 - ☺ Help an elder cross the street
 - ☺ Entertain someone with a happy dance
 - ☺ Help Keep cafeteria clean at breakfast
 - ☺ Pick up in cafeteria at lunch
 - ☺ Make a new friend each day
 - ☺ Write a thank not to RBSMS staff
 - ☺ Walk a dog or cat
 - ☺ Say "Hi" and befriend a new student
 - ☺ Learn to say "thank you" in another language
 - ☺ Write a thank you note to your caretaker
 - ☺ Paint a kind picture and give it to someone
 - ☺ Recycle trash
 - ☺ Hug a sibling or friend
 - ☺ Cut out 10 hearts to leave on 10 desk
 - ☺ Tell your favorite teacher how they've helped you
 - ☺ Compliment our kitchen staff
 - ☺ say "thank you" to our custodians
 - ☺ Use your manners all week
 - ☺ Donate clothes for out clothes closet
 - ☺ Thank a Bus driver
 - ☺ Leave a flower on a desk
 - ☺ Donate food/blankets to an animal shelter
 - ☺ Call your grandma or grandpa
 - ☺ Exercise with our family members
 - ☺ Thank an elected official for their service
 - ☺ Eat a healthy snack
 - ☺ Deliver a gift to a child in the hospital
 - ☺ Tell someone in the office "thank you"
 - ☺ Donate food to the food bank
 - ☺ Say "good morning" to 15 people
 - ☺ Send a card to a military family
 - ☺ Hold the door open for others
 - ☺ Spread sincere compliments all week
 - ☺ Sweep sidewalk on your sheet
- * Don't forget to have a staff member initial your checklist...
* Or post a selfie or an act of Kindness to our Facebook or Twitter page
[#greatkindnesschallenge](https://www.facebook.com/greatkindnesschallenge)



www.greatkindnesschallenge.org

