

Acts of Kindness Challenge



STRATEGY: Give students a number of creative options for students to explore how they can practice kindness with their peers, family members, or the broader community.

Over the course of several weeks, explain to students that you will be collecting and sharing various acts of kindness that they document. Parameters and guidelines can be adapted based on grade and your specific context, and we recommend being flexible in terms of the ways students can participate, but here are some examples for inspiration!

Connect with your classmates and teachers!

Send a TikTok or short video to a classmate who you haven't spoken to in a while.

Send a 'happy birthday!' card to a classmate or teacher with an upcoming birthday.

Thank essential workers and healthcare providers!

Use chalk to decorate your sidewalk or driveway with a 'thank you' message.

Make a sign or posted to hang out of your window with a positive message.

Support your caregivers and siblings!

Record a video or write a poem that thanks your guardians for helping support you during school closures.

Cook a 'surprise meal' for your younger siblings or guardians.

TIP: When first introducing this, we recommend that staff members or your administrative team make an example video modeling an act of kindness!