

FAMILY KINDNESS CHALLENGE

Week 1: Kindness Starts at Home

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give a genuine compliment to a family member.	Help with a household chore without being asked.	Draw or write a kind note for someone in your family.	Say "thank you" for something small but meaningful.	Make a Kindness Jar—fill it with kind words & actions!

Week 2: Kindness in the Community

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hold the door open for someone.	Pick up litter in your neighbourhood or park.	Donate clothes, books, or toys to a local shelter.	Say "Good morning" to a neighbour.	Leave a small surprise (a kind note, flower, or treat) for a stranger.

Week 3: Spreading Kindness to Loved Ones

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Call or video chat with a grandparent or relative.	Write a list of reasons why you love someone & give it to them.	Bake or make a snack for someone special.	Play with someone new at school or invite them to join a game.	Share a favourite book, toy, or game with a sibling or friend.

Week 4: Kindness to Ourselves & Nature

DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take 5 deep breaths and practice being present together.	Spend time outside and notice something beautiful.	Say one kind thing to yourself in the mirror today.	Plant a seed or care for a plant together.	Listen to someone without interrupting.

Week 5: Keeping the Kindness Going!

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Surprise a friend or family member with a heartfelt note.	Leave a positive message on a sticky note in a public place.	Read a book about kindness and talk about what it means.	Reflect on the kindest thing someone has done for you & pay it forward.	Have a "Kindness Celebration" and set kindness goals for next month! 🎉