

The Trevvett Tigers' Great Kindness Challenge

Tiger Spirit Week: October 26 – 30, 2020

Make the world a better place; Kindness...pass it on.

Perform as many random acts of kindness as possible in honor of Red Ribbon Week, Bullying Prevention Month, and National Mix-It-Up Day. Here are a few ideas to get you started. Place a checkmark by each one you complete, write in other kind deeds that you perform, and add them together with others in your classroom for a grand total. At Trevvett, kids care!

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| <input type="checkbox"/> Smile at 25 people | <input type="checkbox"/> Cut out 10 hearts and give them to people you know |
| <input type="checkbox"/> Send a nice note to a friend | <input type="checkbox"/> Entertain someone with a happy dance |
| <input type="checkbox"/> Compliment 5 people | <input type="checkbox"/> Make a kind poster for cafeteria helpers; display it in your car if you are picking up food |
| <input type="checkbox"/> Pick up 10 pieces of trash in your neighborhood | <input type="checkbox"/> Show appreciation to a school staff member |
| <input type="checkbox"/> Make a new friend | <input type="checkbox"/> Say "good Morning" to 5 people |
| <input type="checkbox"/> Tell a joke and make someone laugh | <input type="checkbox"/> Design a thank you card for the PTA |
| <input type="checkbox"/> Be kind to yourself: eat a healthy snack, deep breathe, listen to music | <input type="checkbox"/> Make a wish for a child in another country |
| <input type="checkbox"/> Learn something new about your teacher, friend, or family member | <input type="checkbox"/> Invite a new friend to play/hang out with you, even if only virtually (be sure to have an adult's permission) |
| <input type="checkbox"/> Draw a picture and give it to someone | <input type="checkbox"/> Send a thank you note to someone who has done something nice for you |
| <input type="checkbox"/> Help a younger student, brother/sister | <input type="checkbox"/> Offer to help a family member |
| <input type="checkbox"/> Give a kind virtual high five to greet a friend or relative | <input type="checkbox"/> Share |
| <input type="checkbox"/> Recycle your trash | <input type="checkbox"/> Learn to say "Hello" in a new language |
| <input type="checkbox"/> Give a friend/family member a virtual hug | <input type="checkbox"/> Design a "No-Bullying" poster |
| <input type="checkbox"/> Read a book to a younger child | <input type="checkbox"/> Show appreciation to your principal /associate principal creatively |
| <input type="checkbox"/> Send a thank you note to your teacher | <input type="checkbox"/> Help someone with a needed task |
| <input type="checkbox"/> Be an upstander for someone in need | <input type="checkbox"/> Be on time for school |
| <input type="checkbox"/> Make and display a "kindness, pass it on" sign | <input type="checkbox"/> Give your friend/teacher/family member a compliment |
| <input type="checkbox"/> Carry something for someone | <input type="checkbox"/> Say "Thank you" to a volunteer or first responder |
| <input type="checkbox"/> Exercise every day for yourself and your PE teacher | <input type="checkbox"/> Make a friendship gift for someone new in your neighborhood |
| <input type="checkbox"/> Make a bookmark for someone | <input type="checkbox"/> Be kind to yourself; write in your journal, "stay pawsitive," imagine your favorite place |
| <input type="checkbox"/> Hold the door open for someone | <input type="checkbox"/> Create your own kind deed |
| <input type="checkbox"/> Pat yourself on the back | |
| <input type="checkbox"/> Thank a bus driver or car pool driver | |
| <input type="checkbox"/> Write a thank you note on a band-aid & give it to the school nurse when we are back at school | |
| <input type="checkbox"/> Listen to your teacher the first time | |



Trevvett Tigers Let Their Kindness Show!

Adapted from The Great Kindness Challenge