

The Great Kindness Challenge®

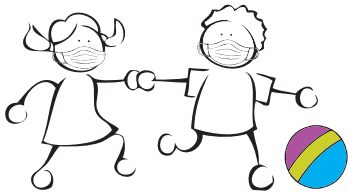
JUNIOR EDITION
SOCIALLY DISTANCED

Your Kindness Matters!

Complete as many acts of kindness as you can. Have fun!

Acts of Kindness

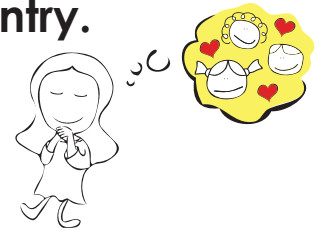
Safely invite a new friend to play.



Wave at 25 people.



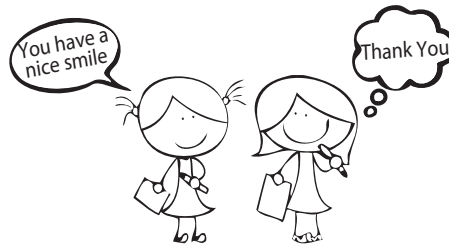
Make a wish for a child in another country.



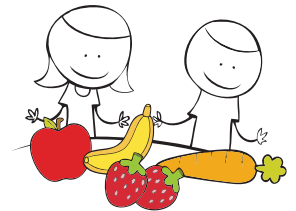
Tell a joke and make someone laugh.



Compliment 5 people.



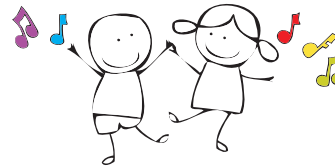
Be kind to yourself and eat a healthy snack.



Decorate 5 hearts and leave them for friends.



Entertain someone with a happy dance.



Say "Good Morning" to 10 people.



Help someone in need.



Thank someone who has helped you.



Create your own kind deed.

