Kindness Challenges

Helping Students Practice Kindness with Purpose

When students regularly practice acts of kindness, they develop empathy and learn how their actions can positively impact others. By incorporating kindness challenges at school and at home, educators and families can work together to encourage a culture of respect, compassion, and connection.

Give Three Genuine Compliments

Challenge students to give three sincere compliments to different people throughout the day.

Write a Thank-You Note

Encourage students to write a short note expressing gratitude to a teacher, family member, friend, or community helper.

Acts of Service Challenge

Complete a small act of service, such as helping organize materials, cleaning up a shared space, or assisting a neighbor.

Invite Someone New

Encourage students to include someone new in a conversation, game, or group activity.

Kindness Sticky Notes

Leave positive messages on desks, lockers, mirrors, or lunch boxes for others to discover.

The Listening Challenge

Focus on listening without interrupting when someone is speaking.

Share Your Appreciation

Tell a family member or classmate one thing you appreciate about them.

Help Without Being Asked

Find an opportunity to help with a task at home or in the classroom without being prompted.

Positive Social Media Day

Post or share something encouraging, uplifting, or supportive online.

The Secret Kindness Challenge

Complete a kind act for someone without revealing who did it.

CULTURE, CLIMATE & WELL-BEING LRSD

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Community Kindness Challenge

Collect items for a donation drive or create cards for healthcare workers, first responders, or senior citizens.

Encouragement Challenge

Offer words of encouragement to someone who may be struggling with a task or challenge.

Share a Smile

Make an effort to smile and greet people throughout the day.

Reflect on Kindness

At the end of the day, write down one act of kindness you performed and one act of kindness you received.

Kindness Bingo

Create a bingo card filled with acts of kindness and challenge students or families to complete a row or the entire card or use the versions attached to the end of this document.

Kindness does not require grand gestures to make a meaningful difference. Small, intentional acts can strengthen relationships, improve school climate, and help students build empathy and social awareness. Over time, these simple actions can contribute to a more supportive, connected, and caring community.

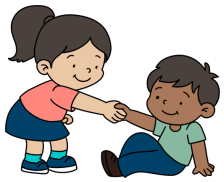
Resources

To view the resources used for this guide and more information, click on the links below.

https://www.randomactsofkindness.org/

https://www.teachyourmonster.org/monster-news/fostering-kindness-in-the-classroom-and-beyond/

KINDNESS BINGO



Get 5 in a row, column, or diagonally to complete this kindness bingo. If you are not sure how to do something, ask a teacher, friend, or family member for help.

Give someone a compliment	Hold the door open	Invite someone to play a game	Say thank you to a school employee	Help clean up in your classroom
Smile at someone	Write a kind note	Share with a classmate	Let someone else go first	Pick up trash on the playground
Encourage a friend	Sit with someone new	FREE SPACE	Tell an adult why you appreciate them	Ask someone how their day is going
Help carry something	High-five a classmate	Listen without interrupting	Let a friend choose a game at recess	Work well with a partner in class
Thank a friend	Help someone feel better	Ask someone about what they like to do	Learn a student's name	Say something nice about someone

KINDNESS BINGO

Get 5 in a row, column, or diagonally to complete this kindness bingo.

Give someone a compliment	Hold the door for someone	Say good morning to someone	Say thank you to a school employee	Help clean up
Celebrate someone's success	Write a thank you note	Share with another student	Do a kind act anonymously	Offer to help someone
Encourage a friend	Sit with someone new	FREE SPACE	Tell an adult why you appreciate them	Ask someone how their day is going
Help carry something	Check in on someone who seems down	Listen without interrupting	Pick up trash outside	Work well with a partner in class
Thank a friend	Include a classmate in a group	Ask someone about what they like to do	Learn a student's name	Say something nice about someone