SEL · KINDNESS AND EMPATHY · GRADES K–5

20-Day Kindness Challenge

A four-week calendar with one small kind act for each school day.
Check off each one you do.



Name: _____ **Date:** _____

Do one kind act each school day. Check the box when you do it.

Mon	Tue	Wed	Thu	Fri
DAY 1 Smile at someone new ☐	DAY 2 Hold the door for someone ☐	DAY 3 Thank a teacher ☐	DAY 4 Help clean up without being asked ☐	DAY 5 Give a compliment ☐
DAY 6 Share a supply ☐	DAY 7 Invite someone to play ☐	DAY 8 Write a kind note ☐	DAY 9 Help at home ☐	DAY 10 Pick up litter ☐
DAY 11 Say good morning to the office staff ☐	DAY 12 Let someone go first ☐	DAY 13 Draw a picture for someone ☐	DAY 14 Ask a friend how they feel ☐	DAY 15 Read to a younger kid ☐
DAY 16 Thank a lunch worker ☐	DAY 17 Cheer for a classmate ☐	DAY 18 Tell your family you love them ☐	DAY 19 Help a friend with work ☐	DAY 20 Do a kind act you choose ☐

My favorite kind act was: _____

How it made someone feel: _____

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