



LENT



KINDNESS CHALLENGE

1 Donate food	2 Pick up litter	3 Give someone a compliment	4 Let someone go ahead of you in line	5 Hold the door open for someone
6 Support a local small business	7 Leave out water and food for the birds	8 Call and check a friend or family member	9 Write a thank you note to someone	10 Spend quality time with someone
11 Buy or make small thoughtful gifts for your siblings/friends	12 Give hugs and kisses to your family	13 Donate books	14 Take homemade cookies to a neighbor	15 Help a neighbor with a small task.
16 Smile at every person you meet	17 Offer to help your friend	18 Invite a new friend to play	19 Play a game with your family	20 Be extra kind, no matter what happens today
21 Teach someone something new	22 Feed an animal or take supplies to an animal shelter	23 Leave a happy note for someone to find	24 Give a treat to a community helper	25 Make someone laugh



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26 Draw a picture for someone	27 Help a teacher	28 Share a snack with a classmate	29 Help your sibling	30 Make a sandwich for someone
31 Donate clothes	32 Donate toys	33 Help in a household chore	34 Make a card for someone	35 Help do the dishes
36 Give compliment to a friend	37 Spend time at elderly care home	38 Offer to take out the garbage	39 Help a classmate with school work	40 Pen a heartfelt note for your family member