



# Virginia

# Kindness Challenge



# IDEA BANK

Write a kind message in chalk on the sidewalk to brighten people's day.

Make a list of ten things you are grateful for.

Go for a walk and pick up any trash you see along the way (be sure to wear gloves when you do).

Read a book to someone or listen to a younger student read.

Write a thank you note or draw a picture for someone.

Thank someone in your community that keeps you safe or takes care of you.

Challenge yourself to have a complaint free day!

Make a bookmark and hide it in a library book for someone to find.

Offer to let someone go ahead of you in line.

Help with a chore at home.

Clean up a mess that isn't yours.

Send or tell someone a joke.

Give a compliment or encourage someone.

Smile and say good morning to three people you pass on your way to class.