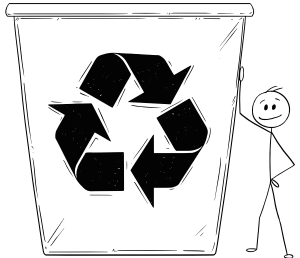


Virginia Kindness Week!

VIRGINIA DEPARTMENT OF EDUCATION

KINDNESS CHALLENGE IDEA BANK



Donate food or clothing to a local organization or food bank.

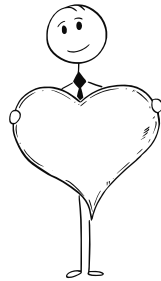
Do something kind for the earth or environment.



Message a friend why you are grateful for their friendship.

Listen to an inspiring podcast or read an inspiring book.

Offer to tutor or read with a younger student for free.



Leave a positive note for someone to find.

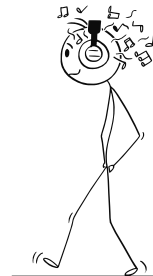
Tell someone you admire them and why.

Make a list of ten things you are looking forward to.



Watch out for negative self-talk and be kind to yourself.

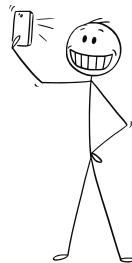
Send someone an email letting them know you are thankful for them.



Tell a teacher what you liked about their lesson.

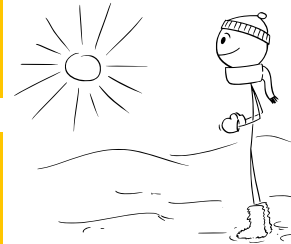
Make an uplifting playlist and share it with others.

Challenge yourself to have a positive vibes only day (complaint free).

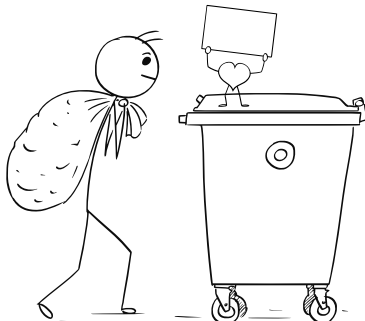


Thank someone in your community that makes a difference.

Enjoy nature. Spend some time outside today.

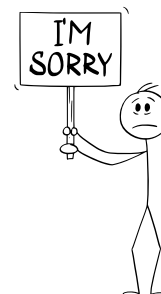


Take a smiling selfie and send it to someone that makes you happy.



Ask a family member or friend about their day and take time to listen when they respond.

Leave a thank you note or positive message for someone who serves in your community to find.



Design a bookmark with a positive message. Hide it in a library book for someone to find.

Apologize to someone you hurt or forgive someone you've been angry with.