30-Day Kindness Challenge

One act a day, at your own pace. Check the box when you finish. Most acts are free.

My name (or our family, class, or team): _____

DAY 1
Hold the door and smile at everyone you pass today. ☐

DAY 2
Text someone you haven't talked to in a while and tell them why you're grateful. ☐

DAY 3
Learn the name of a cashier, custodian, or crossing guard and thank them by name. ☐

DAY 4
Leave an encouraging note for a coworker, teacher, or classmate. ☐

DAY 5
Pick up trash in your neighborhood, at school, or in a park. ☐

DAY 6
Donate canned food to a pantry or Little Free Pantry. ☐

DAY 7
Write a thank-you card to a nurse, teacher, or first responder. ☐

DAY 8
Check on an elderly neighbor or relative. ☐

DAY 9
Let someone go ahead of you in line. ☐

DAY 10
Give a sincere compliment to three different people. ☐

DAY 11
Donate coats, blankets, or clothes you no longer wear. ☐

DAY 12
Cook or bake something for a neighbor or someone having a hard time. ☐

DAY 13
Put your phone away and give someone your full attention. ☐

DAY 14
Leave a kind review for a local small business. ☐

DAY 15
Pack a care bag with water, snacks, and socks for someone in need. ☐

DAY 16
Call a family member just to say you love them. ☐

DAY 17
Help someone carry groceries or return their cart. ☐

DAY 18
Leave an uplifting sticky note on a public mirror or library book. ☐

DAY 19
Volunteer an hour with a local organization. ☐

DAY 20
Forgive someone, and that includes yourself. ☐

DAY 21
Thank your mail carrier or delivery driver with a note or cold drink. ☐

DAY 22
Give away a book or toy you've outgrown. ☐

DAY 23
Sit with someone who is eating alone. ☐

DAY 24
Ask someone "How are you, really?" and truly listen. ☐

DAY 25
Teach someone a skill you know: a recipe, a game, or a craft. ☐

DAY 26
Tell a child or teen what they are good at. ☐

DAY 27
Drop off a few of your local pantry's most-needed items. ☐

DAY 28
Hand someone a Pass-It-On Kindness Card. ☐

DAY 29
Share a helpful resource with someone who needs it. ☐

DAY 30
Plan your own act of kindness and invite a friend to join you. ☐

Share your kindness with **#PosturedInKindness** · tag **@posturedinkindness**
More ideas and the online checklist: **posturedinkindness.org/kindness-challenge.html**