

Kindness Challenge

AT HOME

25 ways to deepen connection through kindness

- Share with someone
- Help with meal preparation
- Make some kindness hearts
- Write a letter to a sibling and tell them why you love them
- Put your stuff away without being asked
- Make a thank you note to your parents/caregivers
- Clean your parents' car
- Bake a cake for the family
- Clean up someone else's mess
- Share your stuff or treats with someone
- Make your bed and/or someone else's
- Do a chore for someone without them knowing
- At dinner time, share three things you're grateful for
- Ask someone how their day was and REALLY listen
- Make your parents breakfast/lunch
- Take out the garbage/recycling/compost out and/or bring it back in
- Play with your sibling
- Shovel the driveway
- Help hang/fold the laundry
- Help bring in the groceries.
- Ask your parents, "What can I do for you today?"
- Set the table for dinner
- Turn off the water while brushing your teeth
- Reuse paper when you are drawing
- Make a homemade gift for someone