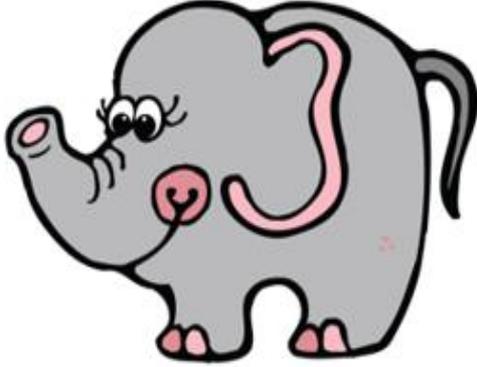


KINDNESS IS A BIG THING...



But it only takes a small act of  
kindness to make a BIG  
difference...



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# You are a Kindness Expert

So...

# Here's Your 5 Day Kindness Challenge

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# Kindness Challenge Day 1

## Learning Target:

- I can show kindness in lots of different ways.

Challenge yourself to show kindness in at least 5 different ways today. Choose ideas from the ones listed below and/or add your own ideas in the empty squares.

Wave to someone	Let someone go first			Give someone a compliment
Tell a joke to make someone laugh		Hold the door open for someone	Tell someone thank you	

# Kindness Challenge Day 2:

**Learning Target:**

**I can give a compliment  
that is specific,  
kind and true.**

**Challenge yourself to  
make a card for a friend or  
family member filling in  
the blanks ...**

I appreciate when you

One thing I like about you is

I think you're great at

Students, write your response!

# Kindness Challenge Day 3

*Learning Target: I can see the good in others.*

- *Challenge yourself to choose a friend from class that you do not always play with or sit close to. Share this information with them...*

One thing we have in common is

I admire the way you

One thing I like about you is

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Students, write your response!

Pear Deck Interactive Slide  
Do not remove this bar

# Kindness Challenge

## Day 4

*Learning Target: I can be kind to the world.*

- *Challenge yourself and your family to find at least one way to be kind to the world.*

Students, write your response!



Donate old clothes instead of throwing them away.

Plant some seeds in small pots to grow flowers to plant outside when the weather becomes warmer.



Use a reusable water bottle.



# Kindness Challenge Day 5

**Learning Target:**

- I can be kind to me.

**Challenge:** Tell a friend, teacher or family member the answers ...



I am proud  
of myself for...



The one thing I like  
best about myself is...



It's okay to not know  
everything, I still  
need help with...



I am an expert at...

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