

30 DAYS OF KINDNESS CHALLENGE

<p>1 Send a card saying, "You rock! Be brave today!" or "You are awesome!" to: Cards for Hospitalized Kids 7290 W. Devon Ave. Chicago, IL 60631</p>	<p>2 Sincerely compliment a peer, not on their clothes or outward appearance, but on a character trait.</p>	<p>3 Gather books, clothing, or other items that are in like-new condition and donate them to a local shelter.</p>	<p>4 Write encouraging notes on sticky notes and leave them on others' mirrors: You're amazing! You're awesome!</p>	<p>5 Read a book to a young child. Then read a few poems or magazine articles to a senior citizen.</p>
<p>6 Smile and say thank you to everyone who does something kind or courteous for you today.</p>	<p>7 Clean the kitchen without being asked. Wash dishes, clean the counters and stovetop, and take out the trash.</p>	<p>8 Send a note, text, or email to someone with whom you've lost touch. Tell them what you miss most about them.</p>	<p>9 Frustrated? Angry? Assume the other person acted with good intent and didn't hurt your feelings on purpose. Let them off the hook.</p>	<p>10 Call a grandparent, aunt, uncle, or elderly neighbor and ask, "How are you today?" When you hang up, say, "Have a really good day!"</p>
<p>11 Smile and say good morning (or hello) to every teacher today. As you leave their room, tell them to have a great day.</p>	<p>12 Pick up any litter you see today and throw it away.</p>	<p>13 Offer to walk a neighbor's dog.</p>	<p>14 Hang out with a parent, grandparent, aunt, or uncle. Put your phone away, ask questions, and really listen to the answers.</p>	<p>15 Write a few random notes or short poems wishing a total stranger a good day and hide the notes in library books.</p>
<p>16 Let someone go ahead of you in line for no reason.</p>	<p>17 Put your neighbor's trash bins away for them after trash pick-up.</p>	<p>18 Send a text, email, or Facebook message to someone who inspires you that reads: YOU are awesome! Have an amazing day!</p>	<p>19 Leave a thank you note in your mail box for your mail carrier that says: We really appreciate you!</p>	<p>20 When you hear others gossiping about someone, find 20 seconds of courage to stand up for the person and say something kind about them.</p>
<p>21 If someone you know is hurting or discouraged, ask, "What can I do to help?"</p>	<p>22 Bake some cookies or brownies and deliver them to a neighbor or to your local fire or police department.</p>	<p>23 Gather the ingredients for your favorite meal and deliver them to a food bank or a family in need.</p>	<p>24 Talk to someone at school you've never before conversed with. Ask them how their day is going.</p>	<p>25 Write your principal a quick note telling her or him why you especially appreciate one (or more!) of your teachers.</p>
<p>26 Do a couple loads of laundry without being asked. Fold the clothes (or towels) and put them away</p>	<p>27 Make homemade playdough for a preschool class and deliver it.</p>	<p>28 Send a text, email, or Facebook message to your parent(s) or guardian(s). Tell them why you are grateful for them.</p>	<p>29 Hold the door open for people behind you. Smile at them as they pass by.</p>	<p>30 Did someone brighten your week with a kind action or kind words? Tell them! Thank them!</p>