



The 7-Day Kindness Challenge

Do one kind thing every day — tick it off when done!

MY NAME: _____ Starting date: _____

Day 1

Say something kind to a friend or family member.



Day 2

Help someone without being asked — tidy up, hold a door, carry something.



Day 3

Write a short note or draw a picture to cheer someone up.



Day 4

Share something you love (a snack, a book, a game) with someone else.



Day 5

Give someone a genuine compliment — tell them something you truly admire.



Day 6

Listen carefully to a friend's story without interrupting.



Day 7

Do something kind for yourself — rest, create, or do something you enjoy!



HOW DID THE CHALLENGE MAKE YOU FEEL?

