

## # Great Kindness Challenge.

JUNIOR EDITION Your Kindness Matters! Complete as many acts of kindness as you can in one week. Have Fun!

Kindly presented by:



Delivering Joy to Children in Need

## **Kind Acts**

Invite a new friend to play.



☐ Give your friend a High Five.



Decorate 5 hearts and give them to friends.



☐ Help someone up if they fall down.



☐ Smile at 25 people.



Compliment 5 people.



Entertain someone with a happy dance.



☐ Thank someone who has helped you.



Make a wish for a child in another country.



Be kind to yourself and eat a healthy snack.



Lend a pencil to a friend.



☐ Create your own kind deed.





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