

FERGUS'S KINDNESS CHALLENGE

This week, do 5 kind things without being asked.
Color a heart each time you do one.



Here are some ideas to help you get started:

AT HOME:

- Help with a chore without being asked
- Make your bed without being reminded
- Give someone in your family a compliment
- Share your favorite snack with someone
- Help set or clear the table
- Read a story to a younger sibling
- Give someone a hug (if they want one!)
- Say "thank you" to someone who helps you
- Help put away groceries
- Make a card for someone in your family
- Let someone else pick the TV show or game
- Help feed a pet
- Tidy up a room without being asked

AT SCHOOL:

- Hold the door open for someone
- Share your art supplies with a classmate
- Invite someone to play who's sitting alone
- Help a friend with their homework
- Pick up something someone dropped
- Compliment someone's drawing or project
- Save a seat for a friend
- Help clean up the classroom
- Say something nice about someone's idea
- Ask someone how their day is going
- Share your lunch or snack
- Stand up for someone being left out

FOR ANIMALS & NATURE:

- Give your pet extra love and attention
- Help fill a bird feeder
- Be gentle with bugs (even the creepy ones!)
- Water plants or flowers
- Leave out fresh water for birds on a hot day
- Clean up after your pet
- Speak softly around animals so you don't scare them

SMALL BUT MIGHTY:

- Smile at someone
- Use kind words
- Listen when someone is talking
- Say "I'm sorry" when you make a mistake
- Forgive someone who says they're sorry
- Include someone who feels left out
- Cheer for someone trying something hard
- Notice when someone is sad and ask if they're okay
- Be patient with someone who's learning
- Celebrate someone else's success

IN YOUR COMMUNITY:

- Smile and say hello to a neighbor
- Help carry something for someone
- Thank a store worker or cashier
- Hold an elevator for someone
- Let someone go ahead of you in line
- Wave to a mail carrier or delivery person
- Pick up litter you see on the ground
- Donate toys or clothes you don't use anymore
- Make a "thank you" card for a teacher, coach, or helper
- Help someone who dropped something
- Be patient when waiting your turn
- Say "please" and "thank you" everywhere you go

SURPRISE KINDNESS:

- Leave a kind note for someone to find
- Do something nice anonymously (without them knowing it was you!)
- Make someone laugh
- Tell someone what you appreciate about them
- Help someone who doesn't expect it
- Create art for someone
- Teach someone something you know how to do