



# STAN AND THE MAN

# BE KIND 39 CHALLENGE

When the challenge is completed share with your teacher to receive your Kindness wristband!

- Hold the door for a friend
- Write a kind note
- Give a high five
- Tell a funny joke
- Reuse or recycle something
- Read with a friend
- Compliment somebody at school
- Start a conversation with someone new
- Put something out of place back where it goes
- Let someone else go first in line
- Give hugs to several friends
- Help someone clean up their space
- Do a secret act of kindness for someone
- Send a thank you letter to a soldier/veteran
- Say "please" ten times today
- Say "thank you" fifteen times today
- Thank one of your special's teachers
- Say "good morning" to someone

- Tell your principal how great your teacher is
- Write a thank you note to someone who did something kind for you
- Say thank you to a janitor
- Thank the person that drives you home from school
- Do a chore for somebody else
- Clean up a mess you didn't make
- Help make dinner
- Send a "get well" card to someone sick
- Make a homemade gift for someone
- Fist bump a friend
- Write "You're Amazing!" on a sticky note and put it on someone's desk
- Apologize for something you wish you had done differently
- Compliment the first two people you see today
- Shake a friend's hand and smile
- Thank someone for making a difference in your life
- Make your bed and somebody else's bed in your home
- Let someone else pick what to watch on tv
- Ask someone how their day is
- Tell your best friend why you think they are the best
- Volunteer to do a task at school
- Be kind to yourself: give yourself three compliments in the mirror today!

