

A background image showing various school supplies including colorful pencils, crayons, and spiral notebooks in shades of pink, blue, yellow, and green.

# Take our elementary Back-to-School Kindness Challenge

for big-hearted families

- 1 Leave encouraging chalk drawings in front of your school or at your bus stop.
- 2 Read & discuss a big-hearted book together.
- 3 Talk about your goals and priorities for the school year. Be sure to include service projects!
- 4 Start a kindness quilt or chain in your home and add a link or square for every act of kindness you give or receive each day.
- 5 Share a funny, homemade joke with friends.
- 6 Make welcome cards for new students (and their families).
- 7 Invite a someone new to sit with you at lunch.
- 8 Bake (or buy) cookies and bring them to the staff lounge or the front office, just because.
- 9 Give your bus driver a treat and a cheerful card.
- 10 Donate a box of snack crackers to your teacher in case a classmate forgets.
- 11 Be kind to the earth! Pack a no-waste lunch.
- 12 Hide a cheerful bookmark in a library book.
- 13 Let a friend know why they're a great friend.
- 14 Help your teacher in an unexpected way.
- 15 Pick up litter around your school and neighborhood.
- 16 Discuss active listening. Practice being a good listener to teachers, friends, and family.
- 17 Donate cleared art supplies to a shelter.
- 18 Create or print a kindness-themed poster for your teacher to share in the classroom.
- 19 Call a far-away relative. Let them know how school is going, and ask them questions about their hobbies and activities.
- 20 Leave encouraging sticky notes around school.
- 21 Hide a big-hearted anonymous note somewhere on your teacher's desk.
- 22 Help younger kids on the playground at recess.
- 23 Keep a stash of extra pencils and erasers in your backpack to share if a friend's pencil is lost.
- 24 Go green! If possible, bike or walk to school.
- 25 Share thoughtful compliments throughout the day.
- 26 Share a hug with your teachers and friends.
- 27 High-five younger students as you pass.
- 28 Donate much-loved books to your teacher's classroom when you're finished with them.
- 29 Hold the door for someone behind you.
- 30 Browse [DoingGoodTogether.org](http://DoingGoodTogether.org) for a volunteer project your family can try together.

*Parents, adapt each challenge to your life so you can participate too!  
Then, discuss how each task went and plan for tomorrow's challenge.*