

#30Days of Kindness Challenge



- Day 1** leave uplifting notes with sidewalk chalk
- Day 2** play FreeRice.com & feed the hungry
- Day 3** leave a thank you for the trash collector
- Day 4** donate favorite books to the library
- Day 5** print & use at dinner: bit.ly/PithyPlacemat
- Day 6** give 3 honest compliments
- Day 7** count stuffed animals & donate that many quarters to an animal shelter
- Day 8** send a thank you note to a family friend
- Day 9** spend time with your (or a friend's) pet
- Day 10** write a poem and give it to your teacher
- Day 11** leave popcorn near a Redbox
- Day 12** write an inspirational letter & leave it in your community
- Day 13** bake & share with neighbors
- Day 14** teach tolerance over breakfast: bit.ly/dgteggs
- Day 15** play educational games at EcoKids.ca
- Day 16** sign petitions together: bit.ly/BHFPetition
- Day 17** offer to pick up groceries for a neighbor
- Day 18** leave a thank you for your mail carrier
- Day 19** read a big-hearted book & discuss
- Day 20** create art and send to ColorASmile.org
- Day 21** offer to house-sit for a neighbor on a trip
- Day 22** hang homemade birdfeeders
- Day 23** write a kind story: bit.ly/BHFStoryStarter
- Day 24** decorate a food shelf donation box
- Day 25** count the items in your fridge & donate that many quarters to your donation box
- Day 26** add food shelf donations to shopping list
- Day 27** pay for the person behind you in line
- Day 28** drop off donations at local food shelf
- Day 29** tape quarters to a vending machine
- Day 30** brainstorm kindness/service ideas you'd like to try next!

Visit us for more SIMPLE tools to grow BIG hearts!
DoingGoodTogether.org/BigHeartedFamilies