

The Great Kindness Challenge

How can your family participate?



- Draw a picture for one of your friends and leave it in their cubby
- Give a hug to someone who is feeling sad
- Invite someone to play with you that you never played with before
- Make a card for your family
- Read a book to a friend
- Bring flowers or a picture for your teacher
- Make a healthy snack at home
- Bring a small gift or note in and put it in someone's cubby
- Help push a friend on the swing in the playground
- Leave flowers or baked goods at a neighbor's front door anonymously
- Do something special for a sibling
- Adopt an endangered animal
- Call a relative you have not talked to in awhile
- Volunteer to help at a soup kitchen or community service event
- Donate coats and gloves to a homeless shelter
- Spend time or offer to help out a neighbor who is elderly or sick
- As a family, send a thank you note to a community worker such as fire fighter, letter carrier, grocery store clerk, or librarian
- Have a yard sale and donate the money to charity
- Bring a teddy bear to the hospital and ask them to share it with a patient
- Plant a tree
- Look through your old toys and donate the good ones to a shelter
- Compliment five people
- Share your toys with siblings and friends
- Say "Good Morning" to five people
- Donate food to the food bank
- Donate a new school backpack to a homeless shelter
- Put your pocket change in the first donation box you see



For more ideas, visit:

www.greatkindnesschallenge.org

Bright Horizons at Lake Cook
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Join *The Great Kindness Challenge* with your friends and family,
visit: greatkindnesschallenge.org.