

# RANDOM ACTS OF KINDNESS CHALLENGE

Challenge yourself to do nice things for others and find out how good you feel when you've done something kind for another person (without asking for anything back in return). Please see the attached list for ideas.

- Complete random acts of kindness for 17 different people at school.
- Get your paper signed by a parent and/or guardian
- Turn in your signed paper to the counseling center and receive a "BE KIND" T-shirt.

**Adult Sizes (Circle One)**

Small  
Medium  
Large  
XL  
XXL

## ACTS OF KINDNESS

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

STUDENT NAME \_\_\_\_\_ PARENT SIGNATURE \_\_\_\_\_