

# Be Kind You Can't Rewind Challenge

**Monday** is Make an effort to be kind day.

- Compliment 5 people
- Clean your room
- Give someone a nice note
- Say "Please" and "Thank You"
- Offer to help your parents

**Tuesday** is Take time to be a friend to others day.

- Learn something new about someone in your class
- Play with someone you don't usually play with at recess
- Invite a new friend to play or hang out with you
- Step up for someone in need
- Draw a nice picture and give it to someone

**Wednesday** is Wake up and smile to everyone you see day.

- Give a smile to everyone you see today
- Tell a joke and make someone laugh or smile
- Say "Good Morning" to everyone you see
- Listen to your teacher the first time
- Hold the door open for someone and give them a big smile

**Thursday** is Thumbs down to putdowns day.

- Go the entire day without putting someone down
- Help someone if they fall down
- Give someone a "High Five"
- Encourage others to work together
- Tell someone you care

**Friday** is Friendly to everyone day.

- Ask someone how they are feeling today
- Cheer someone on in an activity
- Make a card to encourage someone
- Thank someone that inspires you
- Do extra chores without being asked

**Weekend** is the time to reflect on your Week.

- Write a letter to a relative or friend that lives far away
- Help do yard work or chores for your parents
- Share with your parents the ways you were kind this week
- Donate toys, books, or clothes you don't use
- Make a card for someone that does not get many visitors