

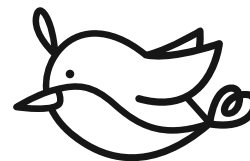
A KINDNESS CHALLENGE TO

**make  
kindness  
the norm.**<sup>TM</sup> 

IN YOUR NEIGHBORHOOD

**IMAGINE A WORLD  
WHERE WE CAN SUCCEED  
BY BEING NICE, WHERE  
WE ALL LOOK OUT FOR  
EACH OTHER, WHERE  
WE ALL PAY IT FORWARD,  
AND WHERE KINDNESS  
IS THE NORM.**

**BY PARTICIPATING IN THIS  
PERSONAL CHALLENGE,  
YOU ARE HELPING TO  
CREATE THAT WORLD.**



### **LET'S DO THIS!**

Participating in this personal challenge is simple. On the next page, you'll see a grid of 60 hearts. Your goal is to fill in each of those hearts by completing random acts of kindness. The kindness acts are grouped into three categories based on how challenging they are: one-heart activities (quick and easy), two-heart activities (more involved), and three-heart activities (challenging).

You can do some of the activities multiple times. For example, you can write a list of five things you are grateful for up to five times because practicing gratitude feels so good and is an integral part of making kindness the norm.

These random acts of kindness were designed to be done in your neighborhood so you can choose to do any of the activities in any order. You do not need to do each of the activities—just the ones that sound fun to you.

The rest of the booklet includes fun coloring pages, writing prompts, and other kindness activities that you can do while you are completing the challenge.

When you've filled in all 60 hearts, be sure to send us a photo of your favorite completed challenge page at [info@randomactsofkindness.org](mailto:info@randomactsofkindness.org).

Use this page to keep track of your progress. For each act of kindness you do, you can fill in a heart (or two or three depending on the act)! **When you fill in all 60 hearts, send us a photo of your favorite completed page to: [info@randomactsofkindness.org](mailto:info@randomactsofkindness.org)**

"THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED—THEY MUST BE FELT WITH THE HEART."

—HELEN KELLER

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

## ONE-HEART ACTIVITIES



For each of the random acts of kindness you do below, fill in one heart on the previous page. *Some of these can be done multiple times.*

- ♡ Visit [www.randomactsofkindness.org](http://www.randomactsofkindness.org) to explore the kindness resources.
- ♡ Write a positive note and leave it for someone in your neighborhood to find. (page 20)
- ♡ Offer to help a neighbor mow their lawn, rake leaves, or shovel snow.
- ♡ Buy a coffee or tea for the person behind you in line at the coffee shop.
- ♡ Make something tasty to deliver to a neighbor you haven't met.
- ♡ Fill out several sticky notes with positive messages and post them in a public indoor area.
- ♡ Follow The Random Acts of Kindness Foundation on Facebook.
- ♡ Go to a local grocery store and say hi to everyone you see.
- ♡ Follow @RAKFoundation on Instagram.
- ♡ Make a mini-poster with an uplifting message and post it somewhere in your neighborhood. (page 27)
- ♡ Follow @RAKFoundation on Twitter.
- ♡ Say hello to someone you don't know and ask how their day is going.
- ♡ Follow @RAKFoundation on Pinterest.
- ♡ Don't pick the dandelions! (see page 28)
  
- ♡ Complete the "Your Perfect Day" writing prompt. (page 9)
- ♡ Complete the "Negative Self-Talk" writing prompt. (page 10)
- ♡ Complete the "Adding Kindness" writing prompt. (page 13)
- ♡ Complete the "What Would You Do" writing prompt. (page 15)
- ♡ Complete the "Make the World a Better Place" writing prompt. (page 16)
- ♡ Complete the "Make Your Own Notes" activity. (page 20)
- ♡ Complete the "Letter to Your Younger Self" writing prompt. (page 21)
- ♡ Complete the "Personal Mission Statement" writing prompt. (page 22)
- ♡ Complete the "Qualities of a Good Friend" writing prompt. (page 24)
- ♡ Complete the "Reassurances You Need" writing prompt. (page 26)

### THESE ACTIVITIES CAN BE DONE UP TO FIVE TIMES EACH

- ♡♡♡♡♡ Write down five things you are grateful for. (page 14)
  
- ♡♡♡♡♡ Give a genuine compliment to someone.

## TWO-HEART ACTIVITIES



For each of the random acts of kindness you do below, fill in two hearts on the previous page.

- ♡♡ Go to a local business and tell them what you appreciate about them.
- ♡♡ Give a generous tip to an employee who treated you well.
- ♡♡ Make a purchase at a locally-owned business.
- ♡♡ Organize a community clean up with neighbors and friends.
- ♡♡ Mail a handwritten card to a friend or family member.
- ♡♡ Go to your local farmers market and treat yourself to a fresh and delicious snack.
- ♡♡ Learn who your local community outreach officer is at the police or fire department and send them a note of gratitude.
- ♡♡ Go through your home and find a few things you aren't using anymore. Post them on a community page offering them for free.
- ♡♡ Introduce yourself to a neighbor you don't know.

### THESE ACTIVITIES CAN BE DONE UP TO FIVE TIMES EACH

- ♡♡ ♡♡ ♡♡ ♡♡ ♡♡ Take a walk in your neighborhood and pick up any litter you find.
  
- ♡♡ ♡♡ ♡♡ ♡♡ ♡♡ Meditate for at least 15 minutes.

"REMEMBER, THERE'S NO SUCH THING AS A SMALL ACT OF KINDNESS.  
EVERY ACT CREATES A RIPPLE WITH NO LOGICAL END."

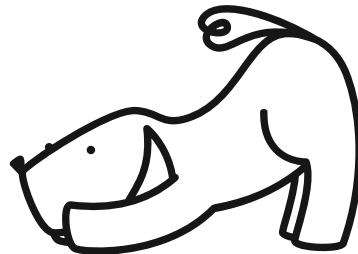
—SCOTT ADAMS

## THREE-HEART ACTIVITIES



Since these random acts of kindness are a little more involved, you can fill in three hearts for each one you do.

- ♡♡♡ Buy a few dollar store toys and leave them on the playground at a park or school for kids to find the next day.
- ♡♡♡ Make amends with someone.
- ♡♡♡ Prepare a three-course meal for your family or roommates and sit down to enjoy it together.
- ♡♡♡ Register to vote. (fill in three hearts if you are already registered)
- ♡♡♡ Write a letter to a newspaper editor about the benefits of being kind.
- ♡♡♡ Don't use any single-use plastics for a month.
- ♡♡♡ Take a nature walk or hike.
- ♡♡♡ Read a book that challenges you.
- ♡♡♡ Contact one of your government representatives about an issue that's important to you.
- ♡♡♡ Eat at a locally-owned restaurant or food truck.
- ♡♡♡ Try a new meatless recipe to prepare at home.
- ♡♡♡ Attend a cultural event in your community.
- ♡♡♡ Gift an experience instead of an object to someone.
- ♡♡♡ Ask a family member or friend about an important moment in their life and *listen* to their story.
- ♡♡♡ Sign up to be an organ donor. (fill in three hearts if you already are)
- ♡♡♡ Leave a nice note and some cash taped to a vending machine to give someone a fun surprise.
- ♡♡♡ Reach out to someone in your past who made a positive impression on you and thank them.
- ♡♡♡ Gather old (clean) towels and bring them to your local animal shelter.
- ♡♡♡ Say "Thank you" to someone who is working in your neighborhood (mail carrier, waitress, police officer, etc.).
- ♡♡♡ Find a bus stop near your home and remove any weeds or trash nearby.
- ♡♡♡ Find an organization in your neighborhood that is in need of volunteers. Commit your time to help out.
- ♡♡♡ Call a school in your neighborhood and ask to pay off overdue lunch accounts for kids.



IN THE SPACE BELOW, SKETCH A DEPICTION OF YOUR LIFE AS IT IS NOW OR WRITE A HAIKU. (A HAIKU IS A SIMPLE POEM WITH THREE UNRHYMED LINES OF FIVE, SEVEN, AND FIVE SYLLABLES.)

NOW, SKETCH (OR WRITE ANOTHER HAIKU) DEPICTING YOUR LIFE AS YOU'D LIKE IT TO BE.













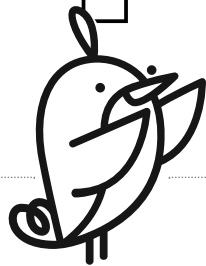
## 10-DAY SELF-CARE CHALLENGE

♡ 10 HEARTS

While you are completing your Neighborhood Kindness Challenge, you can also try this fun 10-day self-care challenge. Self-care is one of the most important aspects of kindness! It is also often overlooked.

Each day for the next 10 days eat a healthy meal, get enough sleep, stay hydrated, get some exercise, and practice mindfulness (yoga, meditation, or simply spend time by yourself). **Once you complete this challenge, you can mark off 10 hearts!**

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
	DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
ENJOYED A HEALTHY MEAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GOT ENOUGH SLEEP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STAYED HYDRATED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GOT SOME EXERCISE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PRACTICED MINDFULNESS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____ YOUR SELF-CARE GOAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____ YOUR SELF-CARE GOAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____ YOUR SELF-CARE GOAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>







**WRITING PROMPT**

♡ 1 HEART

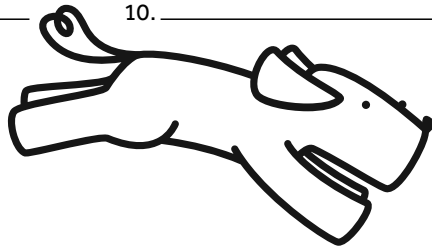
**TOP 10 QUALITIES OF A GOOD FRIEND**

In the first column below, list the top 10 qualities you feel a good friend should have. In the second column, list the qualities you show to your friends. How many overlaps are there?

**LIST 10 QUALITIES A GOOD FRIEND SHOULD HAVE...**

**NOW LIST 10 QUALITIES YOU SHOW TO YOUR FRIENDS...**

- |           |           |
|-----------|-----------|
| 1. _____  | 1. _____  |
| 2. _____  | 2. _____  |
| 3. _____  | 3. _____  |
| 4. _____  | 4. _____  |
| 5. _____  | 5. _____  |
| 6. _____  | 6. _____  |
| 7. _____  | 7. _____  |
| 8. _____  | 8. _____  |
| 9. _____  | 9. _____  |
| 10. _____ | 10. _____ |



**WE THINK TOO MUCH AND FEEL TOO LITTLE. MORE THAN MACHINERY, WE NEED HUMANITY. MORE THAN CLEVERNESS, WE NEED KINDNESS AND GENTLENESS.**

**CHARLIE CHAPLIN**



**JUST FOR FUN...  
SKETCH A TREE OR OTHER DISTINGUISHING FEATURE  
THAT MAKES YOUR NEIGHBORHOOD UNIQUE.**

“A SINGLE ACT OF KINDNESS THROWS OUT ROOTS  
IN ALL DIRECTIONS AND THE ROOTS SPRING UP  
AND MAKE NEW TREES.”

—AMELIA EARHART



**DON'T PICK THE DANDELIONS!  
DID YOU KNOW?**

- Dandelions are the first Spring food for our bees!
- Dandelions are NOT weeds but are from the same family as sunflowers.
- A dandelion seed can travel up to 5 miles before it lands.
- Every part of the dandelion is edible: 1 cup of dandelion greens = 535% of your daily recommended vitamin K and 112% of vitamin A.
- Up until the 1800s, dandelions were seen as extremely beneficial. People even removed grass to plant dandelions!

**SO, HOW DID IT GO?**

This is our first kindness challenge and we want to make the next one even better. Please take a minute to answer a few questions and let us know how we can improve?

<https://bkind.ly/challenge-survey>

**WANT TO KEEP GOING?**

Consider joining our global kindness community by becoming a RAKtivist®! “RAKtivist” is short for “Random Acts of Kindness activist”. It’s free to join so be sure to visit our website to apply:

<https://www.randomactsofkindness.org/become-a-raktivist>

**LET’S STAY IN TOUCH!**

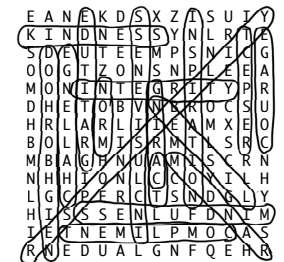
If you haven’t already, please follow us on social media. We post a variety of inspiring kindness content each day. Visit our site for links: <https://www.randomactsofkindness.org>



Remember to send us a photo of your favorite completed page at [info@randomactsofkindness.org](mailto:info@randomactsofkindness.org).

**THANK YOU SLCLPL!**

This booklet was inspired by a summer reading program designed and published by The Salt Lake City Public Library System called “Build A Better World, Super Summer Challenge”.



Answer key for word puzzle on page 17



**RANDOM ACTS OF KINDNESS**  
**FOUNDATION®**

[www.randomactsofkindness.org](http://www.randomactsofkindness.org)