



Kind Mind Kids Co

# Kindness CHALLENGE

Develop healthy habits and grow kind with our 25 day  
Kindness challenge

Give an extra hug	Help set the table	Call someone you love	Smile at everyone you see	Give someone else a turn first
Offer to help someone	Clean your room	Pick something to Donate	Say something your grateful for	Tell someone you love them
Draw a picture for someone	Read to someone	Free space 	Say please and thank you all day	Help a neighbour with a chore
Help water the plants	Play with someone new at recess	Try something new	Write a kind note to a friend	Compliment a friend
Take 3 deep breaths	Remember a happy memory	Say "I am proud of myself when..."	Hold the door open for someone	Take a nature walk outdoors



*Thank you so much for downloading!*



## WELCOME TO THE KIND MIND COMMUNITY

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When you're ready for more confidence-building tools, we'll be here. 💛

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