



# Kids Summer Kindness Challenge!



- Bake cookies & deliver them to neighbors or the fire station.
- Donate your old books to the library.
- Send a card to someone you love.
- Donate dog or cat food to the food bank.
- Host a lemonade stand and donate the money to a good cause.
- Write kind messages on the sidewalk.
- Make a thank you card for the person that delivers your mail.
- Make a friendship bracelet and give it to a new friend
- Return someone's cart at the grocery store.
- Tell someone how special they are to you.
- Make some kindness cards/drawings & drop them at the senior center.
- Donate toys to kids in need.
- Hold the door open for someone.
- Make cards for sick kids at the children's hospital.
- Paint kindness rocks and place them around town.
- Ask for donations to a charity instead of birthday gifts.
- Clean your room without being asked.
- Leave a dollar in the vending machine.
- Help a sibling do a chore or job.
- Fulfill a giving tree request at the elementary school.
- Write a letter/draw a picture for your grandparents and mail it.
- Donate coloring books to a hospital/doctors office waiting room.
- Smile at every single person you see for a whole day.
- Buy a little treat or say thank you to the cashier at the grocery store.
- For one day, pick up three pieces of trash wherever you are.
- Compliment at least 5 people in one day.
- Do an extra household chore without being asked.
- Give flowers to someone who needs cheer (or to a stranger!)
- Learn about why recycling is good for the earth.
- Give out bubbles to kids at the playground.
- Make someone laugh by telling them a good joke.
- Make a new friend.
- Write a thank you note for someone.
- Pack extra drinks/snacks and share with others (at playground etc.).
- Visit a local farm and thank a farmer.
- Record a love-filled video for a family member & send it to them.
- Leave an umbrella in the town bus stop for someone who needs it.
- Volunteer with an organization (food bank, senior center, etc.).
- Write inspiring messages on post-notes and stick them places.
- Send a card or care package to a service member.

**For children, youth and teens:** Complete any 15 of the 40 acts of kindness on the chart above during the summer months and you'll receive a special certificate identifying you as a kindness star!

**For parents:** Register your child/children by emailing [colchesteriskind@outlook.com](mailto:colchesteriskind@outlook.com) with their names and ages. Let's spread kindness during summer break! #colchesteriskind