



The Great Kindness Challenge

Weekly Schedule of Activities: January 27 - 31, 2020

MONDAY

Make and display a "Kindness Matters" sign.

TUESDAY

Post a positive message on Social Media.

WEDNESDAY

Hold the door open for someone.

THURSDAY

Embrace your family with a big hug.

FRIDAY

Choose any act of kindness from the "**Act of Kindness List**"

- ✓ Email pictures, short videos and stories to champ@georgiacyber.org.
- ✓ Fill out the [Kindness Challenge Participation Survey](#). Participating students will receive a Kindness Certificate from the Counseling Department.
- ✓ Post pictures, short videos or stories demonstrating your family's "Act of Kindness" on Twitter, Instagram, or Facebook each day of the week. *Don't Forget to tag us (Instagram: @gcacounselors; Twitter @gcacounseling – Facebook: @GaCyberAcademy) and #GKCfamily #georgiacyberacademy*

Act of Kindness List:

Choose any of the activities below to participate in and share

- ☐ Smile at 25 people (in person or in class)
- ☐ Take a treat to your local firefighters
- ☐ Do a household chore without being asked
- ☐ Donate something to an animal shelter
- ☐ Take a board game to play at a senior center
- ☐ Read a book to a younger child
- ☐ Make a thank you card for your local librarians
- ☐ Entertain someone with a happy dance
- ☐ Create a family gratitude jar
- ☐ Cheer for every player on both teams
- ☐ Deliver a special gift to a child in the hospital
- ☐ Make a new friend (in person or in class)
- ☐ Send a card or gift to a military family
- ☐ Walk or pet an animal-but ask first!
- ☐ Go a full day without complaining
- ☐ Hold the door open for someone
- ☐ Learn to say "Thank You" in a new language
- ☐ Embrace your family with a big hug
- ☐ Teach something to a younger sibling or friend
- ☐ Write or draw a loving note for someone
- ☐ Make and display a "Kindness Matters" sign
- ☐ Raise funds and donate to a favorite cause
- ☐ Watch the sunrise or sunset together
- ☐ Breathe, stretch, and think a happy thought
- ☐ Cut out 10 hearts and give them to 10 people
- ☐ Donate books or toys to a local childcare center
- ☐ Thank a public service professional
- ☐ Give a flower to your neighbor
- ☐ Be kind to yourself and eat a healthy snack
- ☐ Call your grandparents or an esteemed elder
- ☐ Take a family walk or bike in the park
- ☐ Say "Thank You" to your Learning Coach
- ☐ Bake cookies and share
- ☐ Say "Good Morning" to 5 people
- ☐ Pick up and recycle trash in your neighborhood
- ☐ Say something kind to your sibling or a friend
- ☐ Draw a heart in the sand or dirt
- ☐ Write a thank you note to your mail carrier
- ☐ Make a wish for a child in another country
- ☐ Volunteer in your community
- ☐ Say "Hi" to someone who looks sad
- ☐ Write a happy message with sidewalk chalk
- ☐ Paint a kindness rock and randomly place it
- ☐ Share food with someone who is hungry
- ☐ Sincerely compliment 5 people
- ☐ Post a positive message on social media
- ☐ Let someone go ahead of you in line
- ☐ Help plant a garden
- ☐ Reflect on kindness you witnessed during the day
- ☐ Create your own kind deed