

Summer Activity CHALLENGE

VISIT A
MUSEUM

GO FISHING

SMILE AT A
STRANGER

GO TO THE
BEACH

EAT TWO ICE
CREAMS IN
ONE DAY

GO HIKING

HAVE A
CAMPFIRE

WATCH A
MOVIE

GO
SWIMMING

GIVE
FLOWERS TO
SOMEONE

HAVE A
PICNIC

SLEEP IN A
TENT

WATCH A
MOVIE WITH
YOUR FAMILY

HAVE A BBQ

FEED AN
ANIMAL

PICK UP
LITTER

DANCE IN
THE RAIN

PLAY HIDE
AND SEEK
OUTSIDE

TRY FACE
PAINT

MAKE A
HOMEMADE
GIFT

MAKE A
HOMEMADE
CARD

HUG A
FRIEND

FEED THE
BIRDS

MAKE
SOMEONE
LAUGH





Summer Kindness

CHALLENGE



**DRAW HAPPY
PICTURES**

**PLANT A
FLOWER**

**SMILE AT
STRANGERS**

**HUG A
FRIEND**

**FEED THE
BIRDS**

**CREATE A
KINDNESS
JAR**

**PICK
FLOWERS
FOR FRIENDS**

**MAKE A
WISH
UPON A
STAR**

**BAKE
COOKIES**

**CREATE A
FRIENDSHIP
BRACELET**

**HAVE A
PICNIC FOR
SOMEONE**

**GIVE OUT
HOMEMADE
COUPONS**

**GIVE OUT
COMPLIMENT
CARDS**

**CREATE A
THANKFUL
JOURNAL**

**LEAVE
SURPRISE
NOTES**

**OPEN THE
DOOR FOR
SOMEONE**

**GIVE FIVE
PEOPLE A
COMPLIMENT**

**WRITE FIVE
THINGS YOU
LIKE ABOUT
YOURSELF**

**SURPRISE A
LONELY
NEIGHBOUR**

**FIND A NEW
FRIEND**

**MAKE A
HOMEMADE
CARD**

**CARRY
GROCERIES
FOR A
STRANGER**

**PICK UP
LITTER IN
YOUR
LOCAL AREA**

**MAKE
SOMEONE
LAUGH**





Holiday kindness CHALLENGE

FIND A NEW
FRIEND

GIVE A
COMPLIMENT

LEAVE
SURPRISE
NOTES

HUG
SOMEONE
YOU LOVE

MAKE
COOKIES FOR
SOMEONE

MAKE
ICECREAM
FOR
SOMEONE

SMILE AT A
STRANGER

TELL
SOMEONE
YOU LOVE
THEM

WATER
PLANTS

PICK
FLOWERS
FOR
SOMEONE

HOST A
CHARITY
BAKE SALE

DO
SOMETHING
NICE FOR A
FRIEND

HELP A
NEIGHBOR
WITH
GARDENING

SELL OLD
TOYS AND
DONATE THE
MONEY

LEAVE A NICE
NOTE IN A
LIBRARY
BOOK

PICK UP
LITTER AT
THE BEACH

GIVE THREE
PEOPLE A
COMPLIMENT

GIVE A
SURPRISE
GIFT

SURPRISE A
LONELY
NEIGHBOUR

MAKE A
HOMEMADE
GIFT

GIVE OUT
KINDNESS
CERTIFICATES

CARRY
GROCERIES
FOR A
STRANGER

HOST A
TEDDY
BEAR
PICNIC

WRITE A
LETTER TO A
HERO

