



JLES December 2021 Kindness Challenge

Kindness is defined as the “quality of being friendly, generous, and considerate.” December is a great month to go out of our way to show extra acts of kindness toward others.

This month, we have a special challenge for every student in our school. We are challenging ALL students to GIVE the gift of *kindness*.

***Students-** Below is a list of ways you can give the gift of kindness. Choose what you want to do and document by having an adult (teacher, staff member, parent, guardian) initial each act of kindness you do during the month of December. Once you have completed at least 20 out of 35 please hand this paper to your teacher.

1. ___ Say, “Good morning” to a family member.
2. ___ Say, “Good morning” to a school staff member.
3. ___ Say, “Good morning” to a friend in school.
4. ___ Ask a family member, “How are you today?”
5. ___ Ask a staff member, “How are you today?”
6. ___ Ask a school friend, “How are you today?”
7. ___ Smile at someone in school that you normally do not talk to.
8. ___ Tell someone special to you that you appreciate them.
9. ___ Ask a family member how you can help at home.
10. ___ Help a younger sibling with an activity.
11. ___ Read a book to your parents/guardian, sibling, and/or relative.
12. ___ Help a friend at school.
13. ___ With your parent’s permission, feed a family pet.
14. ___ With your parent’s permission, take out the trash.
15. ___ With your parent’s permission, help your parent/guardian or older sibling make dinner.
16. ___ With your teacher’s permission, assist with a classroom task/job.
17. ___ With your teacher’s permission, be the morning classroom greeter.
18. ___ Say “Please” and “Thank you” when replying to everyone you speak to the whole day.

19. ___ Partner with a classmate and help him/her study spelling words.
20. ___ Partner with a classmate and help him/her study sight words.
21. ___ Partner with a classmate and help him/her study vocabulary words.
22. ___ Partner with a classmate and help him/her study addition facts.
23. ___ Partner with a classmate and help him/her study subtraction facts.
24. ___ Partner with a classmate and help him/her study multiplication facts.
25. ___ Partner with a classmate and help him/her study division facts.
26. ___ Tell a friend, "Have a good afternoon."
27. ___ Tell a school staff member, "Have a good afternoon."
28. ___ Tell a family member, "Have a good afternoon."
29. ___ Clean your bedroom without your parent/guardian having to tell you
30. ___ to do so.
31. ___ Open or hold the door for someone you know to walk through.
32. ___ Ask your parents/ guardian if you can help them with anything.
33. ___ Ask a school staff member if you can help them with anything.
34. ___ Hand write a note/letter to a family member thanking them for something special they do or did.
35. ___ Hand write a note/letter to a school staff member thanking them for something special they do or did.

