

Complete the challenge!
Initial the card! Pass it on!
Return cards at the end of day.



Make someone laugh.

1	2	3	4	5
6	7	8	9	10

How many acts of kindness can your school do in one day? In one week?

NED's Kindness Day

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Talk to someone you didn't talk to yesterday.

1	2	3	4	5
6	7	8	9	10

How many acts of kindness can your school do in one day? In one week?

NED's Kindness Day

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Find a way to make someone feel good about himself/herself.

1	2	3	4	5
6	7	8	9	10

How many acts of kindness can your school do in one day? In one week?

NED's Kindness Day

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Ask someone if you can help him/her.

1	2	3	4	5
6	7	8	9	10

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NED's Kindness Day

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Give someone an encouraging note.

1	2	3	4	5
6	7	8	9	10

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Ask someone about her/his day. (Show them you care by listening closely!)

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NED's Kindness Day