

CHALLENGE JULY FAMILY KINDNESS CHALLENGE

MON SUN TUE WED FRI SAT THU

CHALLENGE YOUR

Treats

Bake or buy treats together and surprise a neighbor or friend.

:13

Make a mini mailbox and leave kind notes for family members



Invite someone to get Ice Cream with you in celebration of National Ice Cream Day!

Happy Love is Kind Day!

Celebrate as a family by sharing kind words, helping! someone with a small task, or writing a sweet note to brighten someone's day.

Follow

@KindnessXL



Get 2-5 \$1 bills and write a note that says, "Someone wanted to spread a little kindness today—and you were chosen! Treat yourself to something that brings you joy." THEN, leave the note and dollar bills

on a shelf at the dollar store.

14



Draw a colorful picture for someone you appreciate-then deliver it with a smile!



Make Someone Laugh Tell a silly joke, do a goofy dance, or make up a funny story.



Each family member aives someŏne else a genuine compliment. Keep it going!



Sit in a circle and take turns sharing one thing you're grateful for.

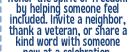




Find one way to help a family member today before they even ask.



Do a kind act and challenge the person you helped to pass it on!



11

18

thank a veteran, or share a kind word with someone new at a celebration.

Honor the spirit of freedom

4 4thorJuly



Write kind messages on sticky notes and leave them around the house or community.

You are



the Earth

earth by picking

Help take care of the

up lifter during

a walk

Pick aentlu useď touš or books to donate to children in need.

Pick a book about kindness and read it aloud as a family. all week.



Show extra love to a pet-or visit a local shelter and donate used towels or blankets.

28 World Nature Conservation day

Take time as a family to care for the Earth. Go on a nature walk and pick up litter, plant something together, or make a pledge to recycle at home.



Family Hug Time Leave a favorite book in a little Take 30 seconds Free Library with a note tucked to give a group hug and share positive energy.

22 Thank the person who delivers vour mail! Write a thankyou card for your mail carrier.

Kindness Freeze

Dance

Plau music and

danče-when it 🗗

stops, freeze

and shout out a

kind word.

inside that says, "This book made me smile — maybe it will do the same for you!

16

23 Tell each family member you like or admire

three things

about them.



Look in the mirror and say three (3) kind things to yourself

Hold the door or elevator

open for someone today.

out loud.

24 Self-Kindness 25

Today, Look for an opportunity to say "YES!" when someone asks for help—whether it's carrying groceries, giving a ride, or listening without judgment

EVERYONE

YOU SEE TODAY

It!" sign or video message to support

If you see someone doing something great—holding the door, helping a friend, being giving—Tell them, "I noticed that., You're awesome.

Cheer Someone On

Make a "You Can Do

3 | FINAL DAY

Talk about what you want people to remember about you. Then do something kind today that shows it.

REFLECTION

Kindness Rock Drop Paint a rock with a kind

word or picture and

leave it in your

neighborhood ór park.