

Participating in this personal challenge is simple. On the next page, you'll see a grid of 60 hearts. Your goal is to fill in each of those hearts by completing random acts of kindness.

The kindness acts are grouped into three categories based on how challenging they are:

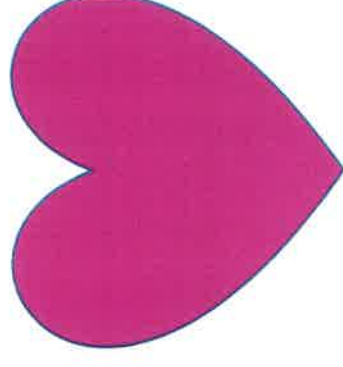
- ♥ One-heart activities (quick and easy)
- ♥♥ Two-heart activities (more involved)
- ♥♥♥ Three-heart activities (challenging).

You can do some of the activities multiple times. For example, you can write a list of five things you are grateful for each day because practising gratitude feels so good and is an integral part of making kindness the norm. These random acts of kindness were designed to be done at home and in your neighbourhood so you can choose to do any of the activities in any order. You do not need to do each of the activities—just the ones that sound fun to you.

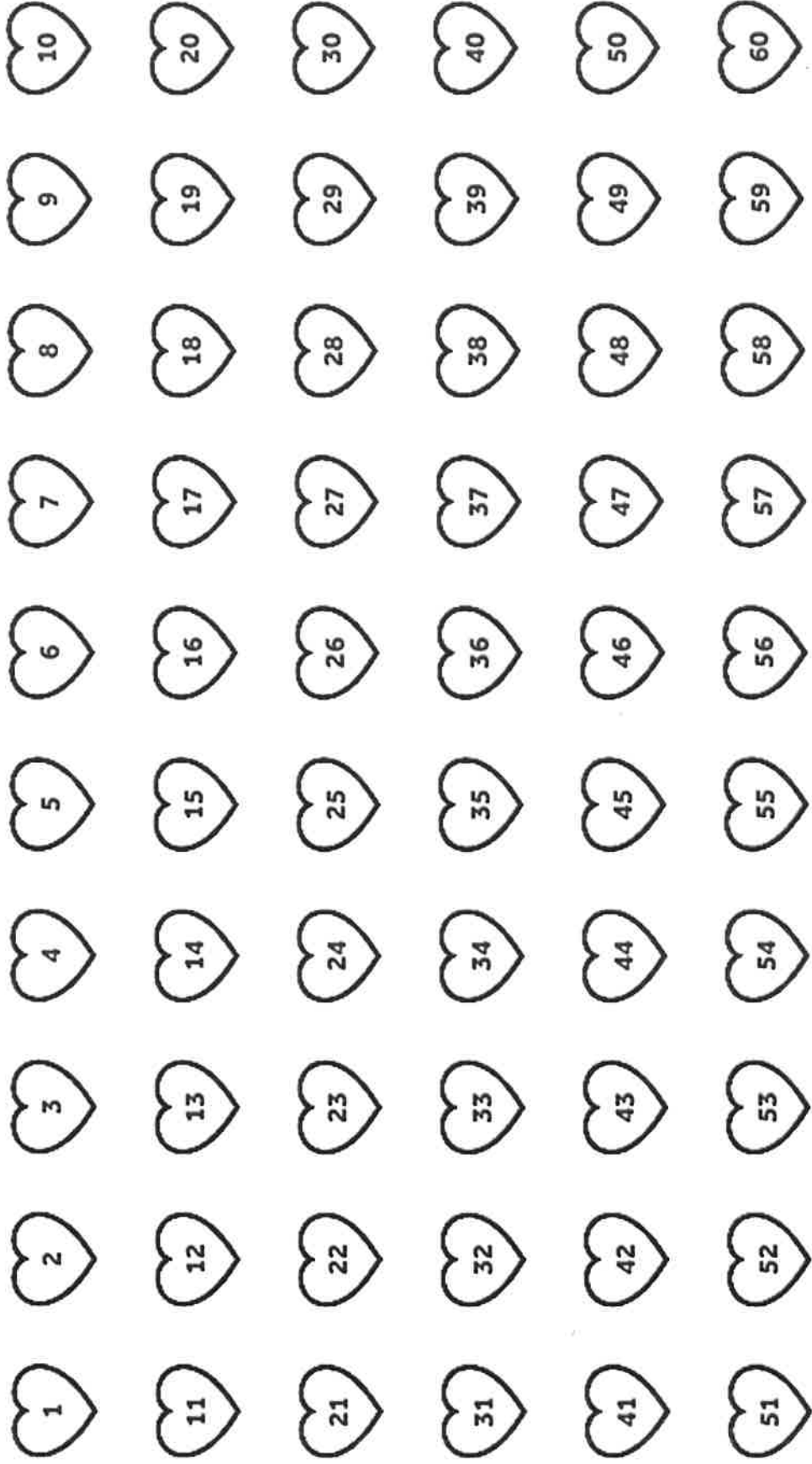
The rest of the booklet includes fun colouring pages, writing prompts, and other kindness activities that you can do while you are completing the challenge.

When you've filled in all 60 hearts, be sure to send us a photo of your favourite completed challenge!

# Let's do this!








## Challenge: 60 Acts of Kindness




- ♥ ONE-HEART ACTIVITIES
  - ♥ Write a positive note and leave it for someone in your neighbourhood to find.
  - ♥ Offer to help a neighbour tidy their garden, rake leaves, or shovel snow.
  - ♥ Make something tasty or pretty to deliver to a neighbour.
  - ♥ Fill out several sticky notes with positive messages and post them in a public indoor area.
  - ♥ Go to a local grocery story and say hi to everyone you see (don't forget to smile).
  - ♥ Make a mini-poster with an uplifting message and post it somewhere in your neighbourhood.
  - ♥ Ask how someone's day is going.
  - ♥ Don't pick the dandelions!
  - ♥ Complete the "Make Your Own Notes" activity.
  - ♥ Write down five things you are grateful for. (You can do this daily)
  - ♥ Give a genuine compliment to someone. (You can do this daily)
  - ♥ Do 15mins of slow/gentle exercise
  - ♥ Do 10mins of medium exercise
  - ♥ Do 5mins of fast/energetic exercise
- SMILE AT SOMEONE**



**50+** ways to be kind

**BE CONFIDENT** use a reusable grocery bag **WASH CLOTHES TO DRY**  
**READ A BOOK**  **LAUGH OFTEN** bake cookies for a friend  
*bike instead of drive* **PLANT A TREE** send a nice text to an unknown number  
**STAND UP FOR A FRIEND** take some time for yourself **CLEAN YOUR ROOM**  
 switch to paperless mail **SEND A POSTCARD**  **SMILE**  
*carpool to work* **EXERCISE** donate your old clothes to charity  
 bring toys to a children's hospital **CALL YOUR GRANDPARENTS** **SHARE A RECIPE**  
 text an old friend  **HIGH FIVE A STRANGER** *babysit for free*  
*tell someone you love them* use a travel mug  **ADOPT A SHELTER PET**  
 make a bucket list (start it!) **LOVE YOURSELF** *thank a teacher*   
 put a bird feeder in your yard  write a review for a local business  
**LIE SCARVES AROUND TREES** *volunteer*  hug a loved one  
**HIDE A SURPRISE IN YOUR FAVORITE LIBRARY BOOK** congratulate a friend  
**PRACTICE PATIENCE** give socks to a homeless person **DO THE DISHES**  
 start a community garden **WALK A DOG**  bring soup to a sick friend  
 compliment someone **OFFER TO HELP WITH YARD WORK** **THANK YOUR BUS DRIVER**  
 deliver flowers to a well-deserving mother **WRITE TO A PENPAL** **BELIEVE IN YOURSELF**  
**PICK UP GARBAGE ON THE STREET** **VISIT A NURSING HOME** fund an online campaign  
 give a stranger a lottery ticket **DON'T EAT MEAT FOR A DAY**  *be kind to every kind*

**RANDOM ACTS OF KINDNESS**  
 FOUNDATION  
 randomactsofkindness.org



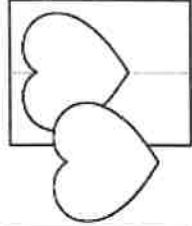

## ♥♥ TWO-HEART ACTIVITIES

For each of the random acts of kindness you do below, fill in two hearts on the page.

- ♥♥ Go to a local business and tell them what you appreciate about them.
- ♥♥ Make a purchase at a locally-owned business.
- ♥♥ Organise a community clean up with your family
- ♥♥ Mail a handwritten card to a friend or family member.
- ♥♥ Learn where your local community police or fire station is and send them a note of gratitude.
- ♥♥ Go through your home and find a few things you aren't using anymore. Find out how to give them a new home for free.
- ♥♥ Meditate for at least 15 minutes. (You can do this daily)
- ♥♥ Do 30mins of slow/gentle exercise
- ♥♥ Do 20mins of medium exercise
- ♥♥ Do 10mins of fast/energetic exercise

## WRITING PROMPT MAKE YOUR OWN NOTES

1 HEART



1. Select colorful or special paper to write your note

2. You can use the paper just like it is or fold the paper in half, draw a line in the shape of a half-heart and trim it out with scissors.

3. Unfold to reveal the paper heart.

4. Now, handwrite a note of your choosing or copy the text below.

Dear Human,

I don't know you, but I know that you are wonderful. I know that you bring something unique and incredible to the world. The people who love you certainly know it. Keep doing the things you do that make others smile. Listen to that voice inside of you that tells you to make the kind choice.

That voice is always right. You're probably smiling a little bit, and nodding your head in agreement, right?

Yeah. Bottom line... just keep being the amazing person you are because

the world is better off with you in it. Feels good to hear that, doesn't it?

Let someone else know how it feels by writing them a note like this or simply

passing this one along. (Or keep it when you're feeling down... nothing wrong with reading this again and

again and again.)

XOXO - a stranger.



### ♥ ♥ THREE-HEART ACTIVITIES

Since these random acts of kindness are a little more involved, you can fill in three hearts for each one you do.

- ♥ ♥ ♥ Make amends with someone.
- ♥ ♥ ♥ Prepare (or help to) a three-course meal for your family and sit down to enjoy it together.
- ♥ ♥ ♥ Write a letter to a newspaper editor about the benefits of being kind.
- ♥ ♥ ♥ Don't use any single-use plastics for a week.
- ♥ ♥ ♥ Take a nature walk or hike.
- ♥ ♥ ♥ Read a book that challenges you and share it with someone else.
- ♥ ♥ ♥ Contact one of your government representatives about an issue that's important to you.
- ♥ ♥ ♥ Try a new meatless recipe to prepare at home.
- ♥ ♥ ♥ Ask a family member or friend about an important moment in their life and *listen* to their story.
- ♥ ♥ ♥ Leave a nice note on a lamppost to give someone a fun surprise.
- ♥ ♥ ♥ Reach out to someone in your past who made a positive impression on you and thank them.

- ♥ ♥ ♥ Gather old (clean) towels and give them to your local animal or homeless shelter.
- ♥ ♥ ♥ Say "Thank you" to someone who is working in your neighbourhood e.g. the refuse/post/delivery men.

♥ ♥ ♥ Phone a friend and tell them what you like about them.

♥ ♥ ♥ Phone a friend and thank them for something meaningful.

- ♥ ♥ ♥ Write a story about gratitude.
- ♥ ♥ ♥ Write a story about showing kindness.
- ♥ ♥ ♥ Do 60mins of slow/gentle exercise
- ♥ ♥ ♥ Do 40mins of medium exercise
- ♥ ♥ ♥ Do 20mins of fast/energetic exercise