

Everyday Kindness Challenge

A choice-based family activity. Try one idea, change it or decide that today is a rest day.

Circle an idea you would like to try. Ask permission before helping or sharing. There is no score, competition or requirement to finish every box.

Ask before borrowing

Ask the owner before using their belongings. A no is okay.

Listen for a moment

Let someone finish a thought, if you both want to talk.

Put away one safe item

Choose a familiar item with an adult. Leave plugs or sharp items alone.

Share by choice

Offer a turn with something you choose and are allowed to share.

Offer a thank-you

Say, write or draw a thank-you in a way that feels comfortable.

Wait a turn in a game

Take turns in a game you both want to play. Pause if needed.

Our reflection (optional)

What felt kind or comfortable? What would we change next time?

Adapt the choices. Kindness does not mean accepting unsafe requests, unwanted touch or pressure to give away belongings.