

THE 20 DAY
KINDNESS
2.0 challenge



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INSTRUCTIONS FOR USE

HELP CREATE A CULTURE OF KINDNESS.

Print each page for a beautiful classroom display.

By using this product you agree to:

- Not benefit financially from this resource.
- Copy or modify this resource.
- Post this resource online or in shared storage.



THIS

KINDNESS

DAY 1

2.0 challenge

STUDENT

High five your friends as you greet them on the playground.

TEACHER

Embrace JOMO (the joy of missing out) and stay off social media today!

COMMUNITY

Clean out your toy area and donate toys to charity.

KINDNESS

DAY 2

2.0 challenge

STUDENT

Create kindness bookmarks for your buddy class or for the school library.

TEACHER

Send 5 positives notes home to parents.

COMMUNITY

E-mail a fellow parent, teacher or school worker who you appreciate and tell them why.

KINDNESS

DAY 3

2.0 challenge

STUDENT

Write a kind message on a Post-It note and stick it in a random page of your library book when you return it.

TEACHER

Sit down and eat lunch with your students.

COMMUNITY

Organise to volunteer some time to your child's class. Host a sporting game, read with a group or visit the classroom just before pick-up time.

KINDNESS

DAY 4

2.0 challenge

STUDENT

Bring in a plant to school. Care for it. Watch it grow. What will you name your class plant?

TEACHER

Request to start your staff meeting with a “shout-out” session.

COMMUNITY

How could your expertise, hobby or interest be brought into the classroom?

KINDNESS

DAY 5

2.0 challenge

STUDENT

Clean out the lost property bin. Sort items into piles and return named items.

TEACHER

Take 5 minutes at the end of the day to tell your class what they do well and how much you appreciate this.

COMMUNITY

Walk with your child to school today. Discuss road safety.

KINDNESS

DAY 6

2.0 challenge

STUDENT

Thank a teacher in the school for something they have done for you, the school or the community.

TEACHER

Make time to play your students' favourite game with them.

COMMUNITY

Attend this month's P&C meeting or read the recent minutes.
How can you lend a helping hand?

KINDNESS

DAY 7

2.0 challenge

STUDENT

Obtain peer feedback from someone you wouldn't usually ask.

TEACHER

Leave a kind note in another teacher's pigeon hole.

COMMUNITY

Check your child's pencil case, do they have everything they need to assist their learning e.g. pen or glue stick?

KINDNESS

DAY 8

2.0 challenge

STUDENT

Organise with your teacher to make an announcement at assembly, expressing your gratitude for your school.

TEACHER

Organise a staff morning tea or lunch. Ask teachers to bring in something to share.

COMMUNITY

Use a new reusable item e.g. water bottle, coffee cup or straw.

KINDNESS

DAY 9

2.0 challenge

STUDENT

Prepare a piece for the newsletter on a real world issue.

TEACHER

Start your stage meeting, staff meeting or weekly meeting with, "what lesson went well for you and why?"

COMMUNITY

Teach your child something new - a new fact, a new skill or a new magic trick.

KINDNESS

DAY 10

2.0 challenge

STUDENT

Talk to your teacher about establishing a fundraising opportunity within your school.

TEACHER

Send flowers to someone who has inspired your teaching or impacted your teaching career.

COMMUNITY

Pay for the next person's coffee in line, as you pay for your own.

KINDNESS

DAY 11

2.0 challenge

STUDENT

Express gratitude to your classroom teacher. What have you learnt? What have you enjoyed? What do you like about the classroom?

TEACHER

Grab a morning coffee for a colleague.

COMMUNITY

Use dinner time to ask each other how their day was and what they enjoyed the most.

KINDNESS

DAY 12

2.0 challenge

STUDENT

Organise a food stall to raise money for a good cause.

TEACHER

Commence your administration meeting with a 'shout out' to a colleague who is doing a great job.

COMMUNITY

Drink 2 litres of water today. Be kind to your body.

KINDNESS

DAY 13

2.0 challenge

STUDENT

Eat lunch with your class in a big circle, or buddy up and sit knee-to-knee.

TEACHER

Eat lunch with a fellow colleague.

COMMUNITY

Give out 5 compliments to people who come your way today.

KINDNESS

DAY 14

2.0 challenge

STUDENT

Embrace a waste free week in your classroom. Brainstorm how this will work for your class.

TEACHER

Visit someone else's classroom and give that teacher positive feedback.

COMMUNITY

Leave a good review online for a recent experience that you've had.

KINDNESS

DAY 15

2.0 challenge

STUDENT

Focus on a goal today. Is it numeracy related, literacy based or a personal goal?

TEACHER

Choose two star students to have tea with you during a break time.

COMMUNITY

Write a kind note and put it in your child's lunchbox.

KINDNESS

DAY 16

2.0 challenge

STUDENT

Reflect on 3 things you're grateful for.

TEACHER

Reflect on 3 things you're grateful for.

COMMUNITY

Reflect on 3 things you're grateful for.

KINDNESS

DAY 17

2.0 challenge

STUDENT

Ask someone "R U OK?". Remember to ask, listen, encourage action and check-in.

TEACHER

Find out something new about a colleague.

COMMUNITY

Message or call an old friend or family member.

KINDNESS

DAY 18

2.0 challenge

STUDENT

Donate a book to your classroom library.

TEACHER

Turn the lights off in the classroom when they're not needed. Can you go a session without the lights? Be kind to our planet.

COMMUNITY

Exercise! Go for a walk or run today.

KINDNESS

DAY 19

2.0 challenge

STUDENT

Offer to cook dinner with your parents tonight.

TEACHER

Ride, walk or catch the bus to work. Alternatively, park your car a few blocks from work and walk.

COMMUNITY

Change your bills from hardcopy letters to email.

KINDNESS

DAY 20

2.0 challenge

STUDENT

Establish a buddy class and organise a fruit and vegetable picnic for them.

TEACHER

Organise a "clean up" party. Request an afternoon for staff to clean up that storeroom, cupboard, book room, sports shed or hall storage.

COMMUNITY

Organise for someone to mind the kids. Go out for dinner with your partner or friends.

OR THAT

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THE 20 DAY KINDNESS *challenge*

COMMUNITY CHALLENGE

- DAY 1** Clean out your toy area and donate toys to charity.
- DAY 2** E-mail a fellow parent, teacher or school worker who you appreciate and tell them why.
- DAY 3** Organise to volunteer some time to your child's class. Host a sporting game, read with a group or visit the classroom just before pick-up time.
- DAY 4** How could your expertise, hobby or interest be brought into the classroom?
- DAY 5** Walk with your child to school today. Discuss road safety.
- DAY 6** Attend this month's P&C meeting or read the recent minutes. How can you lend a helping hand?
- DAY 7** Check your child's pencil case, do they have everything they need to assist their learning e.g. pen or glue stick?
- DAY 8** Use a new reusable item e.g. water bottle, coffee cup or straw.
- DAY 9** Teach your child something new - a new fact, a new skill or a new magic trick.
- DAY 10** Pay for the next person's coffee in line, as you pay for your own.
- DAY 11** Use dinner time to ask each other how their day was and what they enjoyed the most.
- DAY 12** Drink 2 litres of water today. Be kind to your body.
- DAY 13** Give out 5 compliments to people who come your way today.
- DAY 14** Leave a good review online for a recent experience that you've had.
- DAY 15** Write a kind note and put it in your child's lunchbox.
- DAY 16** Reflect on 3 things you're grateful for.
- DAY 17** Message or call an old friend or family member.
- DAY 18** Exercise! Go for a walk or run today.
- DAY 19** Change your bills from hardcopy letters to email.
- DAY 20** Organise for someone to mind the kids. Go out for dinner with your partner or friends.