

# 30 Days of Kindness Challenge

Color in each box as you complete each act of kindness.

Regan's Acts of Kindness



Give somebody a compliment	Hold the door for somebody	Share something with a classmate	Do a chore for someone you love	Do a secret act of kindness for somebody
Read a book to someone	Tell someone why they are special to you	Offer to help somebody clean up	Do something nice for a teacher	Let a classmate go first
Sit next to somebody new at lunch	Send a card to a soldier	Talk to somebody new at school	Leave a happy note for someone to find	Help make dinner
Teach someone something new	Tell a joke to make somebody laugh	Tell someone how much you love them	Smile at everyone you see today	Pick up a piece of trash
Make a card for someone	Encourage somebody	Clean up without being asked	Leave a thank you note for the postal carrier	Take turns with somebody
Give someone a high five	Give somebody a compliment	Let somebody go ahead of you in line	Draw or color a picture for somebody	Invite somebody to play with you

Visit us on Facebook at Regan's Acts of Kindness or [regansactsofkindness.com](http://regansactsofkindness.com) for more information on our kindness projects.