

Summer Kindness Challenge



make kindness the norm.

Challenge yourself, your family & friends to complete this list every day before using electronics.

- ♡ clean your room
- ♡ read for 20 minutes
- ♡ spend an hour in nature
- ♡ do an act of kindness for someone
- ♡ spend 20 minutes doing your favorite activity
- ♡ sit & color without distractions for 30 minutes.

SELF-CARE

- ♡ brush teeth
- ♡ brush hair
- ♡ eat breakfast
- ♡ get dressed
- ♡ drink 8oz of water

Track your progress from June - August



June

sun	mon	tue	wed	thu	fri	sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

sun	mon	tue	wed	thu	fri	sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August

sun	mon	tue	wed	thu	fri	sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

For more ideas, check out our community challenge books at www.randomactsofkindness.org/kindness-at-home

RANDOM ACTS OF KINDNESS
FOUNDATION®

