



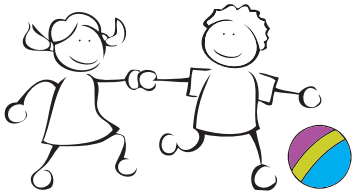
# The Great Kindness Challenge<sup>®</sup>

**JUNIOR EDITION**

**Kindness Matters.**  
Complete as many acts of kindness as you can.  
**Have fun!**

## Acts of Kindness

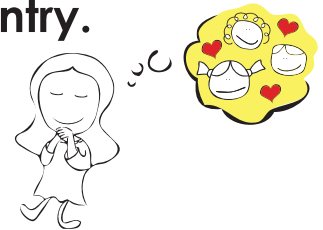
Invite a new friend to play.



Smile at 25 people.



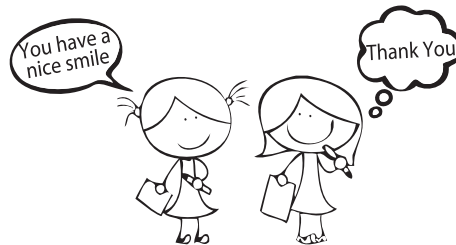
Make a wish for a child in another country.



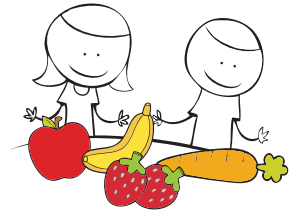
Give your friend a High Five.



Compliment 5 people.



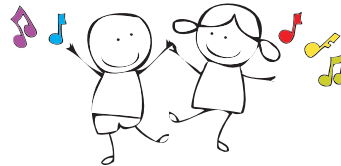
Be kind to yourself and eat a healthy snack.



Decorate 5 hearts and give them to friends.



Entertain someone with a happy dance.



Lend a pencil to a friend.



Help someone up if they fall down.



Thank someone who has helped you.



Create your own kind deed.

