

Support

# The ACE Movement

and participate in The Great Kindness Challenge during the week of Respect for All

**February 13 - February 17**

Club ACE challenges you to perform as many kind deeds as you can. Using the list, check off your acts of kindness as you go, have fun, and remember: **Have an Impact, Be Kind.**

(Checklist app available at [TheGreatKindnessChallenge.org](http://TheGreatKindnessChallenge.org))

## Acts of Kindness Checklist

- |  |   |
|--|---|
| Smile at 25 people                           | Donate needed school supplies                     |
| Take a treat to your local firefighters      | Thank a bus driver                                |
| Do a household chore without being asked     | Leave a flower on someone's doorstep              |
| Pick up trash in your neighborhood           | Donate something to an animal shelter             |
| Take a board game to play at a senior center | Call your grandma or grandpa                      |
| Read a book to a younger child               | Walk or bike instead of driving                   |
| Say "thank you" to a police officer          | Make a thank you card for your librarians         |
| Entertain someone with a happy dance         | Thank an elected official for their service       |
| Help an elder cross the street               | Say "good morning" to 5 people                    |
| Push someone on a swing                      | Be kind to yourself and eat a healthy snack       |
| Pick up trash at the water's edge            | Deliver a special gift to a child in the hospital |
| Make a new friend                            | Draw a heart in the sand or dirt                  |
| Write a thank you note to your mail carrier  | Send a card or gift to a military family          |
| Walk a dog (or cat!)                         | Make a wish for a child in another country        |
| Plant a tree                                 | Donate food to a food bank                        |
| Say "hi" to a homeless person                | Hold the door open for someone                    |
| Learn to say "thank you" in a new language   | Write a happy message with sidewalk chalk         |
| Help clean up a park                         | Leave a painted rock on a friend's doorstep       |
| Say "thank you" to a lifeguard               | Make sack lunches for the homeless                |
| Write a love note to your caretaker          | Compliment 5 people                               |
| Paint a picture and give it to someone       | Make and display a "kindness matters" sign        |
| Host a lemonade stand and donate proceeds    | Call a radio station and wish them a nice day     |
| Recycle your trash                           | Sweep the sidewalk on your street                 |
| Hug your sibling or friend                   | Help plant a garden                               |
| Cut out 10 hearts and leave them on 10 cars  | Create your own kind deed                         |

Please visit our website to share your stories, photos and videos of kind deeds.

[www.greatkindnesschallenge.org](http://www.greatkindnesschallenge.org)

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