



ANNOUNCING OUR NEW KINDNESS CHALLENGE!

To celebrate Random Acts of Kindness Day, we've designed a fun kindness challenge to help *make kindness the norm™* at home & in your neighborhood.

Your challenge (if you choose to accept it) is to complete a series of kindness activities to fill in 60 'hearts'. Each act of kindness is worth one, two or three 'hearts' based on how challenging they are: one-heart activities are quick and easy, two-heart activities are more involved, and three-heart activities are challenging & will take more time.



There's a good mix of activities: various random acts of kindness meant to be done in your home & neighborhood, writing prompts, self-care activities and fun coloring pages too. You choose which activities to do and when to do them—so no pressure. Just do the ones that sound fun to you.

Can you complete the challenge & fill in all 60 hearts?

[DOWNLOAD NOW](#)

#MakeKindnessTheNorm

You can also download a paginated PDF so you can make your own booklets at home. [Click here for details.](#)



MAKE KINDNESS THE NORM IN YOUR WORKPLACE... DOWNLOAD OUR NEW 2020 CALENDAR TODAY!

A 12 month workplace kindness calendar highlighting monthly themes structured to create a kinder work culture. Each month offers daily ideas for individuals to complete in a few minutes or less. On top of the daily ideas, there is a team-based activity that can be used to celebrate kindness each month as a team, a small group or the whole company!

Download the new 2020 calendar and other fun resources to help make kindness the norm™.

KINDNESS IN THE WORKPLACE

We also have a 2020 calendar for home & school.





**Click here.
You won't be sorry.**



**Make kindness the norm
at your school.**



Our mission is to change schools, the workplace, families and society through kindness. We work toward that goal by creating free content that promotes kindness toward others & teaches important kindness skills to kids.



FREE K-8 LESSON PLANS

Don't expect kindness in schools—teach it using our free lesson plans.



KINDNESS STORIES

Be inspired by reading our collection of kindness stories.



BECOME A RAKTIVIST®

Join our elite team and complete fun kindness missions each month.



KINDNESS IDEAS

Looking for ways to be kind? We've got you covered with our fun kindness ideas.



KINDNESS VIDEOS

Our collection kindness videos feature amazing people from around the world.



FREE KINDNESS POSTERS

Download our free kindness posters to promote kindness concepts in your home or classroom.



THE KIND BLOG

What's happening in the world of kindness.



THE SCIENCE OF KINDNESS

Being kind is actually good for you? Read about the scientifically proven benefits of being kind.



CONNECT WITH US

If you haven't already, like us on Facebook to get inspiring kindness stories right in your feed!



make kindness the norm.