

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

randomactsofkindness.org











GET INSPIRED ✓

BECOME A RAKTIVIST®

FOR EDUCATORS >

THE KIND BLOG

SIGN IN

Q

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 teambased 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.















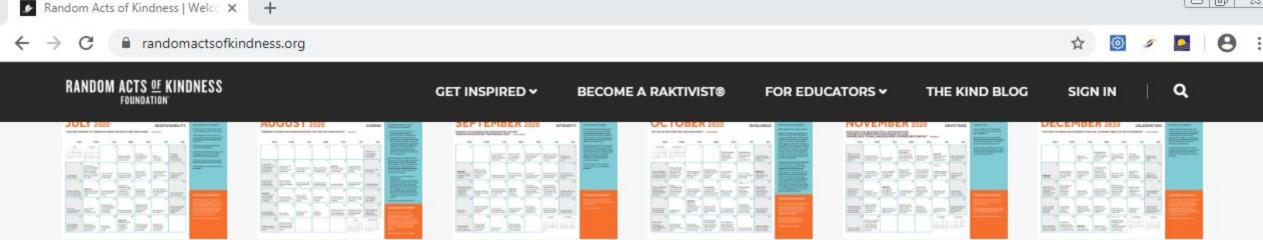












Click here. You won't be sorry.



Make kindness the norm at your school.









randomactsofkindness.org











GET INSPIRED **▼**

BECOME A RAKTIVIST®

FOR EDUCATORS >

THE KIND BLOG

SIGN IN



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

using our free lesson plans.



KINDNESS IDEAS

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



THE KIND BLOG



KINDNESS STORIES

Be inspired by reading our collection of kindness stories.



KINDNESS VIDEOS

amazing people from around the world.



THE SCIENCE OF KINDNESS

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



BECOME A RAKTIVIST®

missions each month.



FREE KINDNESS POSTERS

Download our free kindness posters to promote



CONNECT WITH US



