

# DOING AOK x School KINDNESS CHALLENGE

**INCLUDE A STUDENT**

SIT WITH SOMEONE NEW AT LUNCH OR INVITE SOMEONE INTO YOUR GROUP.

**SMILE + SAY HI**

SMILE AND GREET AT LEAST 3 PEOPLE YOU NORMALLY PASS WITHOUT SPEAKING TO.

**THANK A STAFF OR FACULTY MEMBER**

WRITE OR SAY THANK YOU TO A TEACHER, CUSTODIAN, CAFETERIA WORKER, OFFICE STAFF MEMBER, COACH, OR BUS DRIVER.

**LISTEN FIRST**

GIVE SOMEONE YOUR FULL ATTENTION WITHOUT INTERRUPTING OR CHECKING YOUR PHONE.

**GIVE A GENUINE COMPLIMENT**

SAY SOMETHING SPECIFIC AND POSITIVE TO A PEER OR ADULT.

**CLEAN IT UP**

PICK UP TRASH IN A HALLWAY, CLASSROOM, CAFETERIA, OR OUTSIDE ON CAMPUS.

**HELP WITHOUT BEING ASKED**

HELP SOMEONE CARRY SOMETHING, CLEAN UP, OR UNDERSTAND AN ASSIGNMENT.

## STUDENT CHOICE: DIY FILL-IN ACTS

MY ACT OF KINDNESS:

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**ENCOURAGE SOMEONE**

SEND A POSITIVE MESSAGE, NOTE, OR SAY SOMETHING UPLIFTING TO SOMEONE HAVING A TOUGH DAY.

MY ACT OF KINDNESS:

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**SHUT DOWN NEGATIVITY**

STAND UP FOR SOMEONE BEING TEASED OR EXCLUDED. KINDNESS IS COURAGE.

MY ACT OF KINDNESS:

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**RECOGNIZE EFFORT**

PUBLICLY GIVE CREDIT TO SOMEONE WHO WORKED HARD IN CLASS, SPORTS, OR AN ACTIVITY.

MY TOTAL: \_\_\_\_\_

NAME: \_\_\_\_\_

Want to learn more?  
Want to share the  
challenge with others?  
Scan the QR Code!

