

Juniata County Prevention Board Kindness Challenge

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Write a list of 10 things you're grateful for and share it with your family.	Exercise for 20 minutes with a friend or family member. 	Make an effort to not complain for the whole day.	Go out of your way to be extra nice to someone.	Do a chore around the house that you have been procrastinating.	Hold the door for a group of people.	Research & draw a family tree to give to an older relative. 
Ask a senior citizen to tell you a life story.	Do a favor without asking for anything in return.	Share a positive memory with a friend. 	Make a teacher smile.	Write a list of hopes and goals for the coming year.	Lend a friend your favorite book or movie. 	Call your grandparents or an older relative to say hello.
Build a snowman with a family member or sibling. 	Do an act of kindness for someone & encourage them to pay it forward.	Do 5 things that make you happy.	Invite someone new to sit with you during lunch.	Help someone brainstorm for an upcoming project.	Encourage a family night and do something special with your family.	Learn how to say please and thank you in 3 different languages.
Write a note to give to a loved one with everything you love about them.	Compliment a friend on something they have worked hard on.	Give a thank you note to your doctor.	Smile at everyone you see all day long. 	Draw a picture for a friend. 	Say hello to someone you don't know.	Volunteer to wash the dishes after dinner.
Want to take the challenge to the next level?	Take extra hats and gloves to local shelter for those in need. 	Make homemade cards to donate to the local shelter.	Write a kind note to a stranger and leave it in a library book.	Grow out your hair to donate to a charity for cancer patients.	Shovel snow for a family member or neighbor.	 Make thank you cards for local firefighters.
Consider adding the following challenges to your month!	Donate tissues & hand sanitizer to a school to help with flu season.	Pledge to use less plastic to lessen your carbon footprint.	Write a positive review for a local business.	Surprise a family member or friend with hot chocolate. 	Volunteer to play games at a nursing home.	Volunteer at a local food pantry.