



# The Great Kindness Challenge

One Week. One Checklist. Infinite Happiness.

All kids deserve to learn in a safe, supportive and caring environment. The Great Kindness Challenge provides a powerful tool that actively engages students, teachers, administrators, families, and communities in creating a culture of compassion, acceptance, unity, and respect.



**About:** The Great Kindness Challenge is a proactive and positive bullying prevention initiative that improves school climate and increases student engagement. The Great Kindness Challenge is one week devoted to performing as many acts of kindness as possible on campus. Using the provided checklist of 50 kind acts, students accept the challenge and show the world that KINDNESS MATTERS!

**Where:** Every school, every where.

**How:** It's easy! Simply copy the provided kindness checklist and ask classroom teachers to distribute the checklist to each of their students. Using the kindness checklist, the students work independently, in small groups or as a whole class to complete all 50 challenges.

**Who:** All students, grades PreK-12.

**When:** Annually, the last week in January.  
(January 22-26, 2018 or the best week for your school)

## Our 2017 Impact

Over 10 million students

10,493,866



Over 15 thousand schools

15,057



Over 500 million acts of kindness

524,693,300



Over 90 countries

91



# DEO Joins The Great Kindness Challenge!

## What?

The Great Kindness Challenge helps to promote a positive school climate and increase student engagement. This year, over 1,100 schools in 36 countries will be participating in the challenge.

## When?

Next week! **January 22-26, 2018**

## Why?

All kids deserve to learn in a safe, supportive and dynamic environment. The Great Kindness Challenge provides a powerful tool that actively engages students, teachers, administration, families and community in creating a school culture of acceptance, tolerance, unity and respect.

## Where?

The 25 kind acts are to be accomplished anytime on campus. The students are encouraged to continue sharing their kindness at home, in their communities and in our world.

## Who?

The entire DEO community! Students are encouraged to participate and sign up for teams in groups of no more than 4. Staff are invited too! **To sign up come to the Guidance Office or sign up during lunches!**

## How?

It's easy! Use the DEO Kindness **Challenge Card** to keep track of your points to earn prizes at the end of the week. If you have questions, stop by the Kindness Station during lunch.

**Don't forget to share your kindness!**



@nmDEOCounseling

@nmDEO\_nj

@TSCoughlin



#GreatKindnessChallenge #kindnessmatters #DEOMS

For more information about this national event, feel free to visit [www.thegreatkindnesschallenge.org](http://www.thegreatkindnesschallenge.org)

# DEO Kindness Challenge 2018



## Challenge Card

**TEAM NAME:**

Don't forget to share your kindness!



@nmDEOCounseling @nmdeo\_nj @TSCoughlin



#GreatKindnessChallenge #kindnessmatters #DEOMS

### 1 point

- Hold the door open for someone
- Hug a friend
- Recycle your trash
- Lend a pencil/pen to someone Give your friend a high five

### 3 points

- Say hello to someone you normally wouldn't talk to
- Lend a helping hand to a **new** student or substitute teacher
- Write a letter to the children in the Kenyan village (stop by Kindness Station at lunch)

### 5 points

- Pick up ten pieces of trash that you see around the school this week
- Stay afterschool to help a friend with HW (Report to the Guidance Office)
- Post something supportive/kind to someone on social media

### 7 points

- Sit with a new group of students during lunch (We will be watching!)
- Stand up** for someone in need

### 9 points

- Create a public display of kindness on school grounds
- Participate in at least one Kindness Challenge theme day

### 2 points

- Smile at 25 people
- Sincerely compliment 2 people
- Help your parent(s) with something around the house

### 4 points

- Write a thank you note to an adult at DEO who has helped you
- Post/tag a positive message or comment to a peer on social media
- Post & tag **at least** 2 positive images of 'kindness' on social media (no repeats!)

### 6 points

- Show your appreciation for the cafeteria staff (be creative!)
- Bring a flower to your favorite adult in the building (teacher, counselor, nurse, staff)
- Be on time for school all week (ENTIRE TEAM!)

### 8 points

- Post & tag **at least 5** positive images of 'kindness' on social media (no repeats!)

### 10 points

- Send Superintendent Mr. Polizzi a letter telling him what your favorite part of DEO is.
- Make a short video about your first kindness challenge experience- What does kindness mean to you?