

Keir Hardie's Cool To Be KIND Challenge

How quickly can you complete this challenge?



Spend all day saying only kind things	Give someone a compliment	Hold the door for someone	Do a chore for someone without them knowing	Tidy your bedroom without being asked
Take turns in a game	Tell a joke	Donate something to charity	Greet a family member & ask how their day is going	Share something with someone
Offer to help tidy up	Leave your favorite book somewhere with a note for someone to enjoy it	Tell someone why they are special to you	Praise a someone for doing a good job	Give someone a compliment
Play a game with a younger or older person	Smile at everyone you see	Leave a note for someone telling them to have a good day	Write a letter to someone and thank them	Sort through your toys and donate any that you no longer play
Pick up a piece of rubbish you see	Say please and thank you at least 5 times	Do something nice for your neighbor	Be a problem solver	Share your snack
Set the table for dinner	Call someone you haven't seen in a while to say hello	Read a book to someone	Make someone else's bed	Share a special toy with someone



Being Kind Counts