

The Tiniest Shell Kindness Challenge

Small acts can make a big difference.

- ☐ 1. Give someone a compliment.
- ☐ 2. Help without being asked.
- ☐ 3. Invite someone to join you.
- ☐ 4. Draw a picture for someone.
- ☐ 5. Say thank you and mean it.
- ☐ 6. Pick up something that isn't yours.
- ☐ 7. Tell someone what you like about them.
- ☐ 8. Do one kind thing for yourself.

How many kindness challenges can you complete this week?