



A KIND ACT A DAY

30-Day Family Challenge

A kind act a day for 30 days, starting any Monday you like! Take turns each day so everyone in the family gets a turn. Some days have an idea ready for you, and on the gray days you choose what works best for you. Write your name in the box when your day is complete.



MON	TUE	WED	THU	FRI	SAT	SUN
1 Say good morning to everyone at home 	2 MY ACT OF GIVING 	3 Make a card for a friend 	4 MY ACT OF GIVING 	5 Help make a meal 	6 MY ACT OF GIVING 	7 Give someone a compliment 
8 MY ACT OF GIVING 	9 Water a plant or garden 	10 MY ACT OF GIVING 	11 Call a grandparent or relative 	12 MY ACT OF GIVING 	13 Pick up 5 pieces of litter 	14 MY ACT OF GIVING
15 Teach someone something you know 	16 MY ACT OF GIVING 	17 Put out fresh water for birds or animals 	18 MY ACT OF GIVING 	19 Share a toy, book, or game 	20 MY ACT OF GIVING 	21 Draw a picture for someone 
22 MY ACT OF GIVING 	23 Invite someone to play 	24 MY ACT OF GIVING 	25 Help carry something heavy 	26 MY ACT OF GIVING 	27 Tell a joke to make someone laugh 	28 MY ACT OF GIVING
29 Leave a kind note for someone 	30 Do this one together: every family member donates a book to the local library! 					